

## News Briefs

### Free tests at GGH March 23

Mark March 23 on your calendar. That's the day Glades General Hospital in Belle Glade is cooperating with the American Diabetes Association to sponsor free community screening for blood sugar.

In addition, the hospital is offering information stations on weight/diet counseling, exercise, cholesterol screening, cancer information, blood pressure checks and much more.

Glades General's staff will also be available to answer any questions you may have. All the activities and information are free to the public from 8 a.m. to 1 p.m.

Anyone with questions can contact the hospital at 996-6571, extension 532, 567, or 444.

### Applications are out for Black Gold 5K Walk/Run

Applications for the annual Black Gold Jubilee 5K Walk/Run are now available at the Belle Glade Chamber of Commerce.

Registration will begin at 8:45 a.m. on Saturday, April 24. Race time is at 9:30 a.m.

The course will begin at Airport Park then go down Main Street to Canal Street North and return to Airport Park.

Pre-registration fee is \$8 or \$10 on the day of the race. Students up to age 14 pay \$5. Tee shirts will be given to the first 75 entrants, courtesy of Bank of Pahokee and Dentist Earle E. Edwards, III.

For more information call the Chamber at 996-2745.

### Mural project begins Saturday

The 1993 Hero's Mural Project will begin Saturday, March 13, at noon, on the lawn at Lake Shore Middle School.

Sponsored by the Zora Neal Hurston Roof Garden Museum, Inc., the project is being undertaken by 10 talented artists who plan to finish the mural by March 20 in time for the Afro Arts Festival. The mural will be dedicated to the festival project.

### Farmers are eligible for funds

Agricultural producers who farm on land bordering the southeastern section of Lake Okeechobee may apply for cost-sharing projects as an incentive to improve water quality, according to M.L. Sardinha with the Agricultural Stabilization and Conservation Service.

Applications will be accepted throughout the months of March and July 1993. All funds will be obligated by December 31, 1994.

The purpose of the project is to demonstrate best management practices and to encourage agricultural producers to continue after cost-sharing is terminated.

For more information call Sardinha at 996-7900.

## Lady Raiders new 2A basketball champs

By CHIP NEWTON

They're up there now.

Like cream rising to the top, Glades Central Community High School's Lady Raider Basketball Team has finally taken its place in the sun.

**THEY'RE NUMBER ONE!!!**

**THEY'RE THE STATE CHAMPS!!!**

Saturday, 1:50 p.m., Tallahassee, Leon County Civic Center: Lady Raiders vs Clearwater Central Catholic.

Final score 46 - 19.

Raiders wrap at 30 - 0.

"I told them if we lose, we want to lose playing our best game," said Coach Graham Frost.

"We played our best game."

"We didn't lose," he said.

Coach Frost said Friday's semi-final game against DeFuniak Springs-Walton was a tough one: "It was a case of officials getting in the limelight; every little touch was a foul."

Anjanette Gilbert and Temple Dowell both fouled out, but subs came in and did a great job, and forced the game into overtime, he said.

Shundra Smith had three fouls in the first quarter and finished the game with the same three.

Shundra opened the overtime with a shot to move the Raiders out front 41 - 39. Tekelia Padgett matched it a minute later; 43 - 39.

With 1:08 left in OT, Walton's Jessica Brazzell hit one to bring the girls from the Springs

within two points.

Shundra started the ball back upcourt and was fouled. She hit one-of-two from the line, making the score 44 - 41.

The Braves missed their last three attempts before time expired.

"We'd never seen this team before; they were tough, very physical," said Coach Frost.

But not too tough, apparently, for the Lady Raiders.

Saturday night brought The Big Game; Raiders vs Marauders for the State Class 2A Championship.

The Raiders faced a "bigshot" in Clearwater's Claire Roach, who had averaged 30 points per game through the season.

Coach Frost stuck guard Phyllis Brooks to Roach. Stuck her good.

Brooks held Roach to two points in the first half, and seven for the game.

"It's quite a sensation," says Coach Graham Frost. "Like being a father on Christmas watching your kids open presents."

"Phyllis had her (Claire Roach) so frustrated..." he added. Brooks also hit one shot from the floor for two points.

The Marauders' frustrations began to show up.

See State Champs, page 10

## Buy a girl a ring

A-Number One Basketball Coach Graham Frost told THE SUN he wants to buy State Championship Rings for his State Champion Lady Raiders.

"Trouble is, he's a little short. About 5'11", we'd guess.

But that's not what we mean.

He's a little short of funds.

He started the fund with \$400 of his own money, earned from coaching his State Champ Lady Raiders.

He needs more, about \$1,100 more.

Send him some. Make your check payable to Glades Central Girls Basketball Team.

For some of us it'll be our only chance to buy a girl a ring.

## Flo-Sun says it will unveil plan on Friday to restore Everglades

Flo-Sun Incorporated will unveil a major policy proposal on Friday aimed at ending the impasse over protecting the Everglades, says Alfonso Fanjul, chairman of the company.

"It's time to end the gridlock over the Everglades issue and instead work toward a real, sound, effective solution," Mr. Fanjul said.

The Flo-Sun proposal will detail a comprehensive plan that will address the issue of water quality and also the central issue of water quantity, according to Mr. Fanjul.

"Addressing the water quality issue alone is not enough," he said.

"It's time we also address the critical issue of water quantity -- if we don't get more water to the Everglades, no restoration is possible. That is why we have taken the lead to develop a realistic plan to solve the problem."

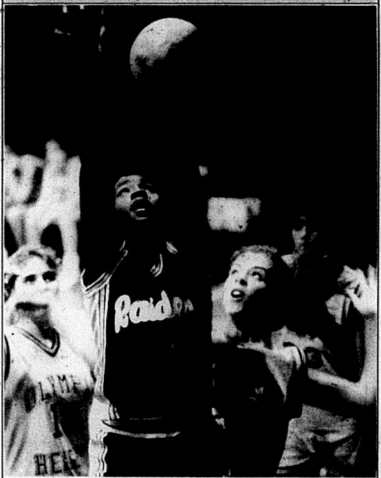
"This proposal commits us to do our fair share," he said. "We recognize that any solution requires everyone involved, from Washington, to state government, to environmental

groups to farmers, to work together. We're ready to do our part."

Mr. Fanjul said the proposal was developed under the supervision of Dr. Peter Rosendahl, Ph.D. in environmental engineering, and the director of environmental affairs at Flo-Sun and by Don Carson, the executive vice president of Flo-Sun. Mr. Carson and Dr. Rosendahl will unveil the plan at a news conference at 2 p.m. on Friday, March 12 at the Omni Hotel in West Palm Beach.

## Athlete of the Week

almost goes without saying, doesn't it...



High-scorer...in Saturday's State Championship game in Tallahassee was Shundra Smith with 16 points. She was named the tournament's Most Valuable Class 2A Player. She's seen here in a recent game against Olympic Heights going for a rebound. The Lady Raiders finished the season with a perfect 30 - 0 record. Smith was the team's high scorer throughout, averaging 25.8 points per game.

SUNPHOTO BY CHIP NEWTON

## Sam Thomas named attorney for South Bay

By BRENDA BUNTING  
SUN Editor

Attorney Sam Thomas is the new city attorney for South Bay. He was chosen last week to replace Thomas Montgomery, who resigned January 19 to avoid a conflict of interest.

Mr. Thomas, 51, will begin immediately.

The former West Palm Beach Mayor says that part of what has attracted him to South Bay was that it is a town that tries very hard to provide services with limited resources. "This is an opportunity for me to gain employment as well as provide a service," he said.

Mr. Thomas served four years on the West Palm Beach City Commission. He was the mayor in 1986.

He also ran unsuccessfully for the Florida House in 1978.

City Manager Lester Baird said "He was the top candidate, although there were several who were very qualified. Sam's background and experience as a mayor and his years of mun-



Sam Thomas

icipal experience made him a good choice."

Mr. Thomas will be paid \$100 an hour, according to Mr. Baird. He will not be reimbursed for mileage or paid for travel time from West Palm Beach.

Mr. Montgomery continued to serve as South Bay's attorney until a replacement could be found. He said his law firm has signed a contract to represent indigent clients in county court in Belle Glade.

The cases would include suspects from South Bay. He has been the city's attorney since 1984.

## Jackson ousts Tanner in South Bay race

By BRENDA BUNTING  
SUN Editor

Political newcomer Michael Jackson has ousted Commissioner Iris Tanner to take a seat on the South Bay Commission.

Mr. Jackson, a migrant resource teacher at Lake Shore Middle School in Belle Glade, got 20 votes more than Mrs. Tanner.

"It was a very good race, a clean race," said Mrs. Tanner, the executive director for the

Belle Glade Chamber of Commerce. "I'm proud of my accomplishments and I will continue to help the city in any way I can."

Commissioner Milranda Smith, who has served two times on the commission, retained her seat, beating out challenger Mary Frances Brown by 89 votes. This was Ms. Brown's first try at politics.

Forty percent of the city's registered voters turned out for Tuesday's election.

Mary Frances Brown  
Milranda Smith  
Michael Jackson  
Iris Tanner

143 votes  
232 votes  
203 votes  
183 votes



Too young to vote, but not to campaign...Supporters for South Bay Commission candidate Mary Frances Brown paraded up and down the street in front of city hall urging voters to cast their ballots for their candidate. Ms. Brown lost the race to Milranda Smith by 89 votes.



# Glades Youth Discover Center to open its doors March 18

A new, improved, fun-filled and free after-school program for Glades area teens will be unveiled at a public reception Thursday, March 18, at the Glades Youth Discover Center.

GYDC offers after-school social, cultural and recreational opportunities for all Glades area 12 to 18-year-olds.

Among the activities offered by the Center are drama, dance, art and music sessions which encourages youth to be creative and develop interest in the arts while having a great time along the way.

Also, open discussion sessions are conducted by trained staff which allows kids to discuss

sensitive but important topics such as drugs, domestic violence, child abuse, current events, self-esteem, respect, responsibility and other issues which affect today's teens.

Local celebrities or educators are occasionally scheduled to share their experiences on teen issues. Field trips and tours, talent contests and shows, picnics, parties and other special events are held monthly to round out the Center's potpourri of youth activities. Free snacks are also provided.

The Center provides transportation to participating kids, picking them up at school and taking them home after the

activities end at 6:30 p.m. The Center, open from 11 a.m. Tuesday through Friday, also offers Saturday morning activities from 9 a.m. to 1 p.m. in order to conduct field trips and longer activities.

At the Public Reception, staff will be available to discuss the program, videotapes of the past dance and drama productions will be available for viewing, tours will be conducted, and refreshments will be served. Parents may enroll their kids in the program and discuss their children's special needs and interests. Additional information can be obtained by calling 992-1354.



Queen for a day...Marge Biffe, of Okeechobee accepts her crown and a gift from Ricky Arons, tournament chairman for the annual Belle Glade Ladies Golf Invitational Tournament and Luncheon. The event was held at the Belle Glade Golf Course with lunch following at the Drawbridge Cafe. Eighty-eight women participated in this year's event, according to Ms. Arons, making it the biggest turnout to date.

## School of Choice students play tennis with superstars



Tennis buddies...School of Choice student Howard McGregor will probably never forget hitting the courts with tennis superstar Chris Everet. Also participating, but not shown, was Zanovia Campbell.

Two Cities In Schools students from the School of CHOICE in Pahokee didn't quite know what to expect when they attended a tennis clinic at PGA National in West Palm Beach.

Howard McGregor and Zanovia Campbell were chosen to represent the CHOICE CIS program at the event because of their progress in attendance rate, academics, and citizenship.

The event was part of an annual fundraiser for the Cities In Schools program in Palm Beach County.

The CIS program at CHOICE is partially funded by this event.

Cities In Schools is a national non-profit organization dedicated to keeping kids in school.

This is accomplished through an organized program monitoring students' progress closely, direct parental involvement, classroom instruction, field trips, and guest speakers.

Campbell and McGregor were among CIS students from other schools in the county to participate. Each student was outfitted for the occasion, including shoes and new rackets.

The students then attended a tennis clinic put on by Chris Everet, Billie Jean King, and other former tennis superstars.

The event was climaxed by a senior's celebrity tennis tournament.

The CHOICE students were accompanied by Gary J. Hainley, Cities In Schools Project Manager for the school.

## Annual ladies golf tournament attracts large crowd

Women from various South Florida locations showed up March 4 to participate in the annual Belle Glade Golf Invitational Tournament and Luncheon.

Tournament Chair Ricky Arons said 88 women from Clewiston, Okeechobee, Indiantown, Jupiter, Fort Pierce and LaBelle joined local women in the event.

The theme for the tournament was "Happy Holidays" and each separate holiday was featured during the day.

Prizes were given out during the luncheon, held at the Drawbridge Cafe following the event. Winners were announced and prizes were awarded to the successful competitors.

"All of the women said they had a great time," said Ms.

Arons. "We're looking forward to next year."

Golf Pro Mike Underwood said "This is good for all the communities. It gives people from other courses the opportunity to see how nice our course is and they keep coming back. The Ladies Association is a great group of women who put on a good tournament," he added.

## Hollingsworths celebrate 50th anniversary

Jack and Lois Hollingsworth of Belle Glade observed their 50th wedding anniversary January 18. A buffet-reception was given in their honor on February 14.

The party was given by their children and grandchildren at the Community United Methodist Church parlor in Belle Glade. Many friends and relatives came to share in the celebration.

The Hollingsworths were married at Minter Field Post Chapel in Bakersfield, California. Mr. Hollingsworth served as a Staff Sergeant during World War II.

The Hollingsworths have owned and operated shoe stores in the Lake Okeechobee area for 36 years and have been active in civic and volunteer work.

Jack and Lois are the parents of Vicki M. Rasco of West Palm



Mr. and Mrs. Jack Hollingsworth

Beach and F.E. (Gene) Hollingsworth of Belle Glade. Their grandchildren are Suzi Rasco, Robert Rasco, Mary-Anne Hollingsworth and And.

## West County Senior Center to participate in Senior Smarts competition

This year's Senior Smarts local competition will be held at the Jewish Community Center in West Palm Beach on Wednesday, March 17 from 10 a.m. to 3 p.m.

Seniors in the West County Senior Citizen Center, Belle Glade will participate in the event. They will form a team which will compete against the

teams at the other center. Winners from the county competition will be eligible to attend the state competition in Miami in September during the Florida Council on Aging Conference.

For more information, please contact West County Senior Citizen Center Director Effie M. McNair at 996-4808.

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2ND WEEK

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## Open house and dedication ceremony planned for child care center

The East Coast Migrant Head Start Project Migrant Family Center will be having an open house and dedication ceremony on Friday, March 19 at 2:30 p.m.

The center is located at 1140 N.E. 18th Street, Belle Glade. East Coast Migrant Head Start Project is an organization that operates Head Start Centers from November to June in Florida and from Georgia to Maine from April to October.

Their home office is based in Arlington, Virginia.

Fourteen centers are in operation in Florida in the fall, winter, and spring and many are in operation in locations from Florida to Maine in the summer. The program is funded by the Head Start Bureau, Department of Health and Human Services in Washington, D.C., and by the USDA Food Program.

One of the centers in Belle Glade serves as a Parent/

Child Center. It serves 26 families, including 31 children and 10 pregnant women who receive regular Parent Education Classes.

Night classes are also provided so parents can receive instruction from professionals of various trades. This not only enables them to learn pre-vocational skills, but also daily living skills in home repair, cabinet making, car repair, etc., so they can better maintain their homes and vehicles.

## Enfinger & Gordon to wed May 1

Mr. and Mrs. Edwin Eugene Enfinger, Sr. of Belle Glade would like to announce the engagement of their son, Edwin E. Enfinger, Jr. (Eddie) to Gail G. Gordon of Fort Myers.

The bride-elect is the daughter of Mr. and Mrs. George Gordon of Cape Coral.

The couple plans to wed May 1, 1993 at the McGregor Baptist Church in Fort Myers.

Miss Gordon graduated from Houland High School in Ohio and is attending the school of nursing in Fort Myers.

The groom-elect graduated from Glades Day School and Palm Beach Community College. He is attending the University of South Florida in Fort Myers.

The couple plans to reside in Fort Myers after the wedding.



Eddie Enfinger and Gail Gordon

## Walters appointed to chair ARC

Sylvia Walters, director of corporate communications, U.S. Sugar Corporation of Clewiston, has been appointed to chair the Eligibility Committee of the Agricultural Relations Council (ARC). In addition, she has been elected a trustee of the ARC Foundation.

ARC is a national organization with a mission of promoting the public welfare through the advancement of agricultural public relations.

Mrs. Walters has been with U.S. Sugar since 1991. Previously, she managed her own

public relations firm in Pierre, South Dakota.

Prior to that time, she served as director of the Domestic Sugar Industry Information Center; then as director of communications for the Nation-

al Agricultural Chemicals Association, both located in Washington, D.C.

Walters holds a master's degree in communications arts from Cornell University. She resides in Clewiston.



## GLADES DAY SCHOOL

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Sugar beet farmers from Colorado...Frank and Jerry Briedenback, far right, enjoyed a day in the Glades touring the sugar cane industry. Frank said they were impressed with the amount of cane harvested in the area and with mechanized harvesting. The Briedenbacks raise sugar beets in Colorado. They are the largest sugar beet farmers in the state of Colorado. Shown with the couple are Barbara Miedema, Manager of Public Relations for Sugar Cane Growers Cooperative, and Lee Sutterfield and Sandra Chamblee, member of Everglades WIFE. Mrs. Briedenback has been a member of Sterling WIFE in Colorado, for 16 years.

## Staffing announcements made at Sugar Cane Growers Cooperative

George H. Wedgworth, President of the Sugar Cane Growers Cooperative of Florida

announced the promotion of Jeffrey J. Ward to Vice President-Legal Affairs and the addition of Kathleen A. Durrell as the Manager of Environmental Affairs.

Ward joined the Cooperative in September of 1981 as in-house counsel.

Raised in St. Joseph, Missouri, Ward is a graduate of the University of Missouri-Columbia Law School.

He is a member of both the Florida and Missouri Bars and has worked extensively in the

fields of environmental and labor law.

"Mr. Ward's expertise in environmental and labor issues has been invaluable," Mr. Wedgworth said.

"During his tenure, through his hard work, he has demonstrated the ability to provide sound advice in these complex matters."

Durrell will be responsible for coordinating environmental research and compliance efforts for the Cooperative.

"This newly created position will help focus our efforts in the environmental arena," Mr. Wedgworth said.

"Ms. Durrell will be an asset to our staff," said Mr. Wedgworth. Her appointment was effective March 8.

Durrell obtained her Bachelor of Science degree at State University of New York and attended John Hopkins University where she completed her studies for a masters in environmental sciences.

She is a Registered Environmental Professional and a Certified Hazardous Waste Materials Manager.

Most recently she was employed by Florida Electric Power Coordinating Group as its Environmental Manager.

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## USDA asks for applications

Rice producers who reduce their 1993 planting by five percent of their assigned base will be eligible for target price protection at \$10.71 per hundred weight, according to the Agricultural Stabilization and Conservation Service.

Applications will be accepted through April 30, 1993. Producers may request a 50 percent cash advance of the deficiency payment when applying for sign-up in the program.

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## OPINION PAGE



Feel strongly about  
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996-6636

To voice your opinion on any subject, call **Speak Out** at 996-6636, 24 hours a day. Readers can use this special number to pose questions, voice complaints, express opinions or put somebody on the back. Unlike letters to the editor, **Speak Out** is designed for anonymous expression of opinions. We edit **Speak Out** calls for clarity, brevity, relevance and fairness.

### Child care for everyone

I'm not really sure who I'm directing this to, but I've noticed that there have been a lot of day cares opening for Head Start. The only children allowed to go there are the migrants.

Now, I feel they deserve the benefits because migrants are very overworked and underpaid, but what about those of us who work 40 to 70 hours a week? We are willing to pay, but we are not allowed to bring our children to these day care centers.

There are a few day care centers that take

children, but only over (age) three in Belle Glade. These new Head Start centers that have been built take young babies and there is no other place in Belle Glade that will take babies.

Why can't people who work pay to send our children to the same day care center the migrants go to?

Thank you.

Editor's note: We invite a spokesperson from the Head Start program to respond to this caller's concerns by calling our **Speak Out** line at 996-6636. Thank you.

## Letters to the editor

### Floridians in favor of additional \$1 cigarette tax

Dear Editor:

Nearly three-fourths of Florida voters are in favor of increasing the price of cigarettes by an additional \$1 per pack, according to the findings of a statewide poll.

Such a measure would help decrease the number of lives lost as a result of tobacco use in our state and will help ease the \$761 million burden that tobacco-related illnesses cost Florida taxpayers annually.

Consideration of this issue by newspapers is vital because they command the attention of both the general public and our state's legislators. We urge you to take a close look at this price increase and its benefits for our state. We believe the increase makes sound health and fiscal sense, and we appreciate the opportunity to provide this information.

If you have any questions, or would like a complete copy of the executive summary of the

Florida public opinion poll, please call me or my assistant, Kandus Kane.

Sincerely,  
Sheila H. Buchert

Director, Marketing and Communications  
for the Florida Coalition on Smoking Or Health

### Thanks

We would like to thank everyone who came, ate, worked, and donated money, gifts, and time to make our Camper's Appreciation Day a huge success.

Special thanks to County Commissioner Kenny Foster for cooking, serving and cleaning. We love you all.

Sincerely  
Ruth Woodruff, Harriette Edwards & Bea Davidson  
American Legion, Post 20

## Marines are looking for a few good men who served in Second Division

The Second Marine Division Association is searching for all former or present Marines who were ever in or attached to the Second Division. The Second is a highly decorated division known for its many historical battles and engagements, such as Guadalcanal, Tarawa, Okinawa, the Cuban crisis, Dominican Republic, Lebanon, Grenada and more recently, Panama and Desert Storm.

The Association wants to make contact with these men and women in order to inform them of the Association benefits.

The Association is not just a social organization, although many old buddies have

been located and friendships renewed through the process. A scholarship fund is set up for dependents of deserving families of former and present Second Division personnel and the Association also publishes a bi-monthly paper, keeping members informed on various activities, veterans' benefits, etc. A reunion is held each year, with the 1993 reunion scheduled for Denver, Colorado in September.

Any person who is in, has ever served with, or been attached to, the Second Marine Division, is urgently requested to contact: Bill Smith, 21500 Lassen St., #168, Chatsworth, Ca. 91311, or call (818) 341-0504.

## Guest editorial

By Melissa Robinson  
Employee Counselor II  
Job Service of Florida

### March 14-20 is National Employ the Older Worker Week

Nearly 40 million working Americans are middle-aged or older people. They are men and women holding top positions in industry and government, and they are workers producing a wide variety of goods and services.

As a group, they have no serious job problems - so long as they are regularly employed.

Yet workers over 40 who lose their jobs commonly have great trouble finding new ones, and

the search is increasingly difficult as they grow older.

Employer reluctance to hiring these workers persists, despite a wealth of evidence that age discrimination makes no sense at all.

The costs of age discrimination are high. Besides personal hardship, they include disproportionate public expenditures on unemployment insurance for older workers. A less obvious cost is the productivity loss

associated with neglect of older workers' skills and experience. It is a loss the nation can ill afford.

To focus attention on this problem, National Employ the Older Worker Week is being observed March 14 through 20, 1993. It is a good time for each of us to examine our attitudes toward older workers.

Hiring on the basis of ability, not age is a matter of basic fairness. It is also good business.



## Congressman Tom Lewis discusses NAFTA agreement with ag industry

Congressman Tom Lewis (R-FL) convened a meeting with the Florida agriculture industry and the Florida Congressional delegation in February to discuss the North American Free Trade Agreement (NAFTA).

"Florida agriculture still stands to lose a great deal under the North American Free Trade Agreement, but we may have finally found some light at the end of this tunnel," said Lewis.

"With the Administration's consideration of three separate parallel agreements to the NAFTA, we are presented with a window of opportunity to address Florida's concerns," commented Lewis. "It was important for all of us to get to the table to see if we can work to obtain the necessary changes to make the agreement work for Florida."

Agriculture industry representatives of citrus, sugar and fruit and vegetable presented positions at the briefing. Written testimony was sub-

mitted by the Florida Peanut Producers and the American Soybean Association.

A number of recommendations were discussed including the need for a price-based safeguard mechanism for sensitive agricultural commodities, and ongoing data collection for Mexican and U.S. agricultural trade.

Harmonization of U.S. - Mexico environmental standards was also of focus. One of the recommendations under consideration addresses Mexico's environmental protection practices. If Mexican environmental standards are not harmonized with U.S. standards, then all reduced tariffs and other trade provisions will revert to the original conditions prior to the agreement.

This discussion between the congressional delegation and industry representatives were highlighted in NAFTA recommendations which were forwarded to President Clinton and the U.S. Trade Representative March 1.

"It is imperative that the Florida delegation form a coalition to present the State's concerns to the President and the U.S. Trade Representative Mickey Kantor," said Lewis.

"We have a new administration, a new delegation and, hopefully, a new opening to resolve our problems."

"We must make this agreement more fair to Florida agriculture, or unity to reject it," said Lewis.

"As I have stated in the past, I refuse to mortgage Florida's \$6.3 billion agricultural industry under a North American Free Trade Agreement," Lewis said. "While I believe the agreement has potential long-term benefits to the United States, the short-term write-off is clearly at the expense of Florida agriculture."

Lewis, senior member of the House Agriculture Committee, has led Congressional efforts to modify NAFTA. A similar meeting between industry and the delegation was held last September.

## About letters

To voice your opinion about Glade's issues, or to respond favorably or unfavorably to articles printed in the paper, we encourage you to write us a letter. Send to:

THE SUN  
417 N.W. 16th Street #6, Belle Glade, FL 33440



Editors note: The POLICE NEWS in this newspaper lists arrests, not convictions, unless otherwise stated. Arrested persons who later are found not guilty or have had the charges against them dropped are welcome to let us know. We will confirm the information and print it.

## THE SUN

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### A PLEDGE TO OUR READERS

We pledge...

- ✓ To operate this newspaper as a public trust.
- ✓ To help our community become a better place to live and work, through our dedication to conscientious journalism.
- ✓ To provide the information citizens need to make their own decisions about public issues.
- ✓ To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- ✓ To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- ✓ To correct our errors, and to give each correction the prominence it deserves.
- ✓ To provide a right to reply to those about whom we write.
- ✓ To treat people with courtesy, respect and compassion.



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## Ask Dr. Boltson

Dr. David Boltson is the associate director of the Western Palm Beach County Mental Health Clinic in Belle Glade, and is a licensed psychologist in private practice in Lake Worth.

### Glades Youth Discover Center- Encouraging hope for the future

Drugs, violence, disrespect for authority, and lack of faith in the benefits of an education - these issues plague even our best and brightest youth. The transition to adolescence is often difficult. Many succumb to negative peer pressure and choose to live troubled lives in order to fit in. Others adopt dysfunctional patterns because they don't feel they have any other alternatives.

There is, however, an option. The Glades Youth Discovery Center is dedicated to providing recreational and social alternatives for adolescents. We want to tangibly show teenagers that a straight lifestyle can be fun, exciting and fulfilling; that it pays to stay in school, and that when you show others respect, they will in turn respect you, and that you can respect yourself.

living: Kids can write and record their own songs on professional equipment. They can act as producers, actors, dancers, cameramen, or women, for their own music videos for dramatic presentation, or comedy routines.

They can create tangible works of art through drawing. Kids can "learn from the masters" by taking trips to see professional artistic productions. The center is a fun place to be and teenagers will develop new peers; those who embrace and encourage positive activity.

### So what's the catch?

You have to believe in a positive future. That's it! The Glades Youth Discovery Center is available to all teenagers in Western Palm Beach County. Come make new friends and learn how to use some of our electronic video and/or sound equipment. We here at GYDC want to give the teens of the Glades a chance to show off their talents and share their creativity with others.

Get involved. GYDC is located at 365 North Main Street, Belle Glade, Call 992-1354 to join today.

### A "cool" place to be:

We acknowledge that for many teenagers, "talk is cheap." Therefore instead of discussing better ways to live, we actually partake in better





## Raider Log

BY BETH BUCHANAN

### Girls Win State

The Lady Raiders basketball team finally won a state title after three years of being in the state semi-finals.

Congratulations on a job well done! Cheers, cheers!

### Field Trips

Many members of FEA and SECME are on field trips today through the weekend. The FEA state convention is in Orlando, and SECME in Gainesville.

Mrs. Carolyn Brown and Mr. Jim Reynolds are sponsors of the respective organizations. Read next week for details on the trips.

### Students of the Week

These students have won for the fourth and fifth weeks of this nine weeks. Freshmen were Lourdes Manzino, Miguel Valez, Theresa Thieken, and Carniluis Jones. Sophomores were Hilda Cases, Vincent Nelson, Nicole King, and Leticia Longoria. Juniors were Haynes Balfour, Johnny Dunning, Victoria Ervin, and Juan Vasquez. Seniors were Temekia Dowdell, Frank Sager, Marisela Cabrera, Rodolfo Delacruz. Good behavior does pay off.

### Softball

The Lady Raider softball team is off to a good start this season. Team members are Ruth Crawford, Temekia Dowdell, Dahlia Forde, Quentella Gilbert, Kelli Houze, Stacy Hutchison, Demetrisa Jones, Carla Little, Joandrea Lovett, Trivatta Seabrooks, Urika Wright, and Terry Young.

Keep up the good work! The next home game is against Pahokee Monday the 15th.

### Support Employee

Congratulations to Mr. Eddie Fletcher, our head custodian. Mr. Fletcher was selected as GCCHS' Education Support Employee of the Year. He will represent the school in the district's program.

Besides his regular job duties, he contributes much more to the school by helping the deans in disciplinary matters, being an avid Raider sports booster, and cooking some great barbecue for the entire faculty and staff.

Meanwhile, his hobby is fishing. About the only thing he complains about is the weather if it interferes.

We at Glades Central wish him the best!

### Vocational Challenge

A student challenge competition was held and the following won awards. Awards were in Public Speaking - 1st Sharon Ricketts; Parliamentary procedure - 1st, the team of Kenyatta Thomas, Katrina Wisper, Jose Olguin, Tequilla Nelson, Taha Wood, and Alvin Nelson; Job Interview - 1st Jaime Brown, 2nd Charles Smith, and honorable mention Shantell Howard and Quataria Ellison.

# Glades Day School Honor Roll

## Twelfth Grade

All A's  
Hani Barhoush  
Bobbie Sue Barnes  
Alina Blanchard  
Tom Carter  
Amy Prescott

All A's & B's  
Cristina Alvarez  
Heidi Cortez  
Cyndi Hood  
Jennifer Maxwell  
Amanda Walker

## Eleventh Grade

All A's  
Marcy Angel  
Ryan Courson  
John Grady  
Billy McKinstry  
Eddy Pedraza  
Cathy Sears

All A's & B's  
Michelle Alvarez  
Stephanie Lockhart

## Tenth Grade

All A's  
Wayne Schmidt

All A's & B's  
Hana's Barhoush  
Shelley Davis  
Heather Evans  
Jeff Goodale  
Lori Lamb  
Adriana Perez  
Sarah Willis

## Ninth Grade

All A's  
Patrick Altman  
Mathew Lowery  
Fida Musallet

All A's & B's

Clay Hughes  
Mamas Kohr  
David Lively  
Brad Seider

## Eighth Grade

All A's  
Jackie Alvarez  
Tamam Barhoush

All A's & B's  
Jessica Alvarez  
Miriam Barhoush  
Wesley Bruen  
Lesley Carter  
Ricky Carter  
Karen De Castro  
Shannon Dobrow  
Justin Hamilton  
Stephen Lowery  
Brian Maxwell  
Monica Schmidt  
Eman Shatara  
Janet Towell  
Duke Tucker

## Seventh Grade

All A's  
Trey Alava  
Parker Altman  
Carla Alvarez  
Larry Coonfare  
Michelle Herring  
Patrick Hodge  
Mary-Anne Hollingsworth  
Emily Watson

All A's & B's  
Nicole Alvarez  
Tiffany Carter  
Jessica Hart  
Jennifer Kelley  
Joel McDonald  
Pablo Sanchez  
Alicia Schaper  
Zach Threlkeld  
Jimmy Wilkinson

## Sixth Grade

All A's  
Kit Hamilton  
Derek Lamb  
Vikash Parekh

All A's & B's  
Andy Echenique  
Jeremy Maxwell  
Eddie Motes  
Brooke Prescott

## Fifth Grade

All A's  
Kelly Alvarez  
Cristina Llorens  
Erica Williams

All A's & B's  
Christie Gilbert  
Brittany Meeks  
Mindy Stormer  
Jai Subramanya

## Fourth Grade

All A's  
Joanna Alvarez

All A's & B's  
Kristin Gay  
Kristen Gilliam  
Angie Gonzalez

## Third Grade

All A's & B's  
Hela Barhoush  
Charles Brown  
Vanessa Horta

Jessica Johnson  
Jennifer McMullan

## Second Grade

All A's  
Jonathan Allen  
Blake Herring  
Sadie McKee  
Nicky Sanchez

All A's & B's  
Natalie Alvarez  
Gary Brooks  
Nicholas Cook  
Justin Longoria  
Brock Markham  
Raj Subramanya  
Jamie Stormer

## First Grade

Preston Baer  
Amanda Browder  
Erin Francis  
Jenine Halum  
Christina Rionda  
Amanda Orsenigo  
Natasha Parekh  
Andrea Payret

All A's & B's  
Carrie Gilmer  
Kasey Hawk  
Shayne Katirgis  
Ian Orduna  
Bradley Schlechter  
Christa Stein

## Knightly News

This past weekend, students from the Advanced Biology

class ventured into the Florida Keys for some sun, fun, and a lot of "hands-on" experience. The students traveled to Big Pine Key where they stayed at the Newfound Harbor Marine Institute.

For three days, the students continued on page 10

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Sarah swats...one back at Lady Blue Devil Ashley Curtis, in a recent match against Pahokee. Miss Willis won, 8 - 2. She's playing fourth position, with a record of 3 - 2. She's also 3 - 2 in doubles. Glades Day beat Pahokee 5 - 2 in the match. The girls team is 2 - 3 for the season, the boys are 0 - 5.

SUNPHOTO BY CHIP NEWTON



We promised...more pictures of the youngsters in the Christian Day School Top Priority Basketball Program, and here's one. These folks are the "NBA Bulls". Pictured are, not in order, Earl Bennett, Kevin Brewer, Stephen McKinley, Kristina Rodriguez, Stephan Pate, Jacob Stevens, Scott Timmons, Jim Bourgeois, and Chris Ragans. Coaches are Michelle Williams, Scott Heading, Sharon Wetherington, Jason Rongione, and Alicia Vickers. Yes, there are more names than faces. We can't explain it either. One of the mysteries of life.

SUNPHOTO BY CHIP NEWTON

## Pahokee opens registration for softball, track

Registration will open Saturday, March 20, from 9 a.m. till 2 p.m. for Girls' Softball and the Hershey Track Program at the City of Pahokee Parks and Recreation Department.

Cost of the softball program is \$30.

Girls' softball this year will have a 20-game schedule, according to Ronnie Osborne, Parks and Recreation Director for Pahokee.

The track program entry fee is \$15.

For more information, call Mr. Osborne at 924-5534.



More superstars...from the Pahokee Winter Basketball League are seen here. This is Dixie Fried Chicken's team. They are, back row, left to right, Lamar Lammons, Clifton Brown, and Jermaine Paige. Front row, Lawrence Williams, Cory Davis, and Jerome Williams. That's Coach Clinton Everett there at left.

SUNPHOTO BY CHIP NEWTON

## Wrestling Club

Registration is underway for entry into the Glades Wrestling Club.

Practice starts Tuesday, March 16, at Glades Central Community High School.

Practices will be held from 3:30 till 5 p.m. Tuesdays and Thursdays at the school, with tournaments on Saturdays.

The program is sponsored by USA Wrestling, and costs \$15 to join. The entry fee money will pay for insurance, a newsletter, etc. An additional charge is made for tournament entry.

You must join the group and have a membership card before you can participate in tournaments. Tournament entry is optional.

USA Wrestling sponsors olympic teams and international teams.

Call Frank Lassagna at 996-4947 or (813) 983-5457/evenings for more information.

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## Pahokee kids 4th in Tourn.

Pahokee's All-Star entry in last weekend's State Tournament placed fourth, having beat St. Petersburg Roberts 73 - 58; losing to Orlando 59 - 54, then losing to Satellite Beach by one point, 69 - 68.

Congratulations to James Burroughs, Jeremy Hanna, Terrance Moore, Telly Williams, Jebahres Everett, Tyrone Johnson, Roy Smith, Ron Boldin, Telvis Lawler, Jamal Brown, George Rudges, and Andrian Lockhart.

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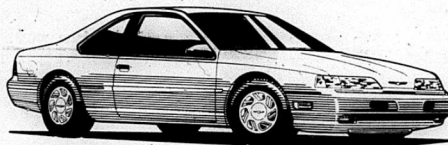
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Car  
in  
its  
class!

## Ford Thunderbird LX

with PEP 155A

**\$4,000\* savings**

**Air conditioning, tilt steering, automatic transmission, power driver's seat, am/fm stereo cassette, power windows and locks, cast aluminum wheels, speed control and more...**



\*Savings on 1993 Thunderbird LX with PEP 155A. MSRP of \$16,292 is priced \$4,000 less than 1992 model Thunderbird LX. \*\*Based on 1992 R.L. Polk calendar year registrations by segment.

Best  
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Compact  
Pickup  
in  
America!

## Ford Ranger XLT

with PEP 664E

**\$170\* a month**

**Air conditioning, am/fm stereo cassette, cast aluminum wheels, chrome rear bumper, power steering and more...**



\*Lease payments based on MSRP of \$11,184 on Ford Ranger XLT PEP 664E with a 24 month Red Carpet lease. Refundable security deposit \$175, cash down payment of \$1,000, first month's lease payment of \$164.79, totaling \$1,339.79 are due at lease inception. Total payment \$3,954.96. Lease payment excludes tax, tag, title, license fee and registration. Lessee may have the option, but is not obligated, to buy the vehicle at lease end at a price negotiated with the dealer at lease signing. Lessee responsible for excess wear and tear and .11 per mile for mileage over 30,000. Lease subject to credit approval and adequate insurance determined by Ford Credit. For special lease terms you must take new vehicle retail delivery from dealer stock by 3/31/93. See your dealer for his payment and terms. \*\*Based on 1992 MY Manufacturers reported retail deliveries by segment.

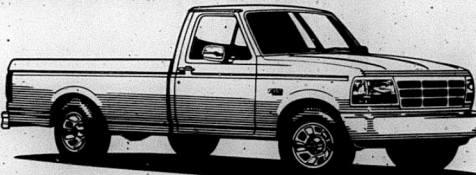
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Selling  
Truck!

## Ford F-150

with PEP 498A

**\$227\* a month**

**Air conditioning, U-6, am/fm stereo with clock, insulation package, Argent styled wheels and more...**



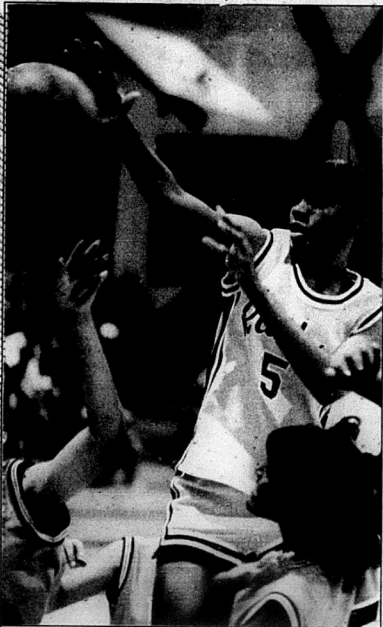
\*Lease payments based on MSRP of \$12,755.00 on Ford F-150 PEP 498A with a 24 month Red Carpet lease. Refundable security deposit \$250, cash down payment of \$2,000, first month's lease payment of \$227.36, totaling \$2,477.36 are due at lease inception. Total payment \$5,456.64. Lease payment excludes tax, tag, title, license fee and registration. Lessee may have the option, but is not obligated, to buy the vehicle at lease end at a price negotiated with the dealer at lease signing. Lessee responsible for excess wear and tear and .11 per mile for mileage over 30,000. Lease subject to credit approval and adequate insurance determined by Ford Credit. For special lease terms you must take new vehicle retail delivery from dealer stock by 3/31/93. See your dealer for his payment and terms. \*\*Based on 1992 MY Manufacturers reported retail deliveries by division.



## Your Home Town Ford Dealer

**Glades Ford**  
525 NW Avenue L  
Belle Glade  
992-4000





High, Anjeanette...Anjeanette Gilbert, that is. As if you didn't know, she's another Lady Raider Superstar in every category. She rebounds, blocks and shoots, and passes with an accuracy that amazes. But then, the entire Lady Raider Basketball Team is made up of girls like Anjeanette. They're all stars. All the girls and both coaches, Graham Frost and Jay Seider. Just throw a basketball out there. Sure.

SUNPHOTO BY CHIP NEWTON



A NUMBER ONE...Coach Graham Frost offers advice to Lauresia Faulk, standing, during halftime of a recent game at Pahokee as other team members listen in.

SUNPHOTO BY CHIP NEWTON

## GCCHS Golf Tourney here

The Fourth Annual Raider Golf Classic is slated for Saturday, March 27, at the Belle Glade Municipal Golf Course.

Tee-off time is 10 a.m., according to GCCHS Athletic Director Flip Pavlar.



# State Champs

Continued from page 1

## Go Raiders! Go Raiders! Go Raiders!

in foul calls in the second half, said Frost. The Raiders outrebounded the Marauders 49-23 and held them to only 7 of 34 from the floor.

Anjeanette Gilbert picked off ten of those rebounds, and Temple Dowdell made seven. Gilbert also had five blocks, two steals, and seven points in her last high school basketball game. Ever.

Dowdell hit three of seven from the floor, including a three-pointer, and four-of-five from the line, for eleven points, and Lauresia Faulk also scored eleven points. Faulk's points came on four-of-five from the floor and three-of-five from the line.

Gilbert and Dowdell were named to the All-Tournament Team, as were Clearwater's Smith, with a game-high 15 points.

Smith, named the tournament's Most Valuable Class 2A Player.

Smith, a junior.

Smith, coming back next year.

But the question of the day seems to be: Is Graham Frost coming back?

Rumors have abounded lately that he would retire from coaching after this season. Wants to spend more time with his family, he says.

Tiphany McKenzie, a new player just moved up from junior varsity, read it in a local newspaper and asked the coach.

"She said 'You're not gonna leave us, are you Coach,'" said Frost.

"Well, I looked into Tiphany's big eyes - they're like puppy dog eyes - this morning, and I don't know if I can just walk away from that," he said.

Maybe next year.

Go Raiders.

## Talk about town

By Elsie Singletary

Agape Day. The Mt. Zion A.M.E. Church, Bryant, Rev. Daisy Hill, Pastor, observed its Annual "Agape Day" Sunday, February 28, at 4 p.m.

Several men were honored during this celebration. Each man in attendance was presented an appreciation award. Presentations were made by Elsie Singletary. The Essence Unique Ladies Club of Pahokee presented Eva Harris and Ernestine Brown each with an appreciation award for services rendered toward this day as sponsors.

Glenn Dendard served as mistress of ceremony and Carolyn Banks as the speaker. Among the men attending were Elder J.B. Blake and Rev. Frank Payson.

Many thanks to everyone for your support.

Stewardess Day. St. James A.M.E. Church celebrated its Stewardess Day Sunday, February 28, at 11 a.m. Sister Dorothy Pinkston, Mt. Zion A.M.E. Church, Rev. I.S. Jones, Pastor, was the D-y-n-a-m-i-c speaker.

Sandra Johnson Jackson served as the M.C. St. James Mass Choir rendered song service. Rev. James Rosier is Director and Pianist.

Contest Sponsored. On Saturday, March 6, St. James A.M.E. Church hosted a "Parade of States Sweetheart La Petite" contest.

Knighly News continued from page 5 engaged in several marine and terrestrial activities that included: night wades, algae labs and boat trips.

Students were taught the basics of snorkeling and tested their skills in a reservoir filled with sharks. To conclude their trip, the Biology class journeyed to the Blue Hole where they saw an eleven-foot alligator and petted the endangered Key Deer.

The class would like to give a special thanks to Mrs. Shiver for all of her patience and help. We had a great time! This is Teacher Appreciation Week at C.D.S.

Members of Key Club expressed their thanks to Crusader teachers by having a teacher car wash, coffee and doughnuts in the teachers' lounge, and a certificate of appreciation for each teacher. "Thank you faculty for all of your time and efforts!"

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## Insurance Directory

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For More Information, Call 996-4404



# CLASSIFIEDS

## 01 - AUTOS FOR SALE

FOR SALE: 79' CADILLAC Coupe De Ville. Fully loaded. \$2,000. Call (407)924-2903. 3111

FOR SALE: 17 Thrift 115 Everette T & T, SSP Trailer. MANY EXTRAS! Asking \$2,000. Call (407)996-1301. 3118

## 03 - BUSINESS OPPORTUNITIES

LOG HOME DEALERSHIP. Top Log Home Manufacturer. Protected territory, high earning potential, full training & leads provided. Need not interfere with present employment. Models starting at \$9,690. 1-800-284-1005 (5647). BRENTWOOD LOG HOMES, 427 River Rock Blvd., Murfreesboro, TN 37129. FCAN107 3111

PIZZA INN Seeking Qualified Franchisees. Carry-out Delivery and Full-Service Restaurants. Easy to Open and Operate. 110 Franchises sold in the last 12 months. For information call 1-800-880-9955. FCAN 171 3111

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STEVE'S MOWING SERVICE Lots and acreage. Call (407)996-9527. 3111

Mini Warehouse For Rent. Various sizes. Very secure \$50 - \$100 per month. Call 1-813-983-5338 3111

## 05 - CHILD CARE

Child care services available in South Bay. Licensed. Monday-Friday. For more details call (407)996-7475. 3111

## 07 - DUPLEX FOR SALE

FOR SALE 2 DUPLEX'S 2 BR/1BA, ea. unit 150 NW 4th Avenue, South Bay. Excellent buy, easily 4 BR/2BA Homes. Call (407)996-3831 or 996-4124 ask for Jackie. 3111

## 08 - EDUCATION

BECOME A PARALEGAL ATTORNEY instructed home study. Established 1976. FREE catalog. 1-800-669-2555. Southern Career Institute, 164 W. Royal Palm Road, Boca Raton, FL 33432. FCAN172 3111

BECOME A VETERINARY ASSISTANT or Animal Care Specialist. Home study. P.C.D.I., Atlanta, Georgia. Exciting care for animal lovers. Free Fact-filled literature package. 1-800-362-7070 Dept. CC717 FCAN173 3111

## 09 - FINANCIAL

NATIONWIDE FUNDING! We Buy Notes/Mortgages/Trust Deeds Call Collect (407)437-1790 3111

## 10 - HEALTH

CALORIE CONSCIOUS? Tired of diets and chemical products that don't work? Lose pounds and inches safely, naturally, without diuretics! For information 1-800-769-5998, 24 hours. FCAN176 3111

## 11 - HOMES FOR SALE

FOR SALE: 3 BR/2 BA; Big Yard. 1425 N.W. Ave F, Belle Glade. Call (407)996-2695. 3111

FOR SALE: 3 BR/2 BA; Family room, two car garage, game room & laundry room. PRICED TO SALE! Located in Clewiston - Harlem Area. Call (813)983-9702, evenings, Daytime call (407)996-4987. 3118

FOR SALE: 2 BR/1 1/2 BA located in Pahokee. Call (407)924-3599 or (407)1610, for more information. 3111

HOUSE FOR SALE: 3BR/1 BA double carport and fenced in yard. Located on N.W. Avenue E. Asking price \$55,000. Call (407)996-3423 or 996-5840. 3111

HOUSE FOR SALE: 3BR/2BA, living room, patio, garage has been turned into a room. Central air & heat. Located on Bacom Point Road, Pahokee. Call (407)924-2272 or 615-253-7591. 3111

HOUSE FOR SALE: 4BR/3BA; Family Room, small den, lots of fruit trees. 149 N.W. 11st Street, Belle Glade. Call (407)996-5877. Financing Available. 3111

## 12 - INSURANCE

Tired of LOSING MONEY? We specialize in Losing Health Insurance Claims. When you've paid the doctor and need help filing your claim call - for help (407)924-2168 or (407)924-8039, Monday-Thursday - hours 7:30 am - 5:00 pm. 3111

## 13 - JOBS / EMPLOYMENT

CERTIFIED PHYSICAL THERAPIST NEEDED: At Staff Builders - Belle Glade, 408 S.E. Avenue E, Suite 201. Call (407)992-9424. 3118

"AVON" We need Reps in your area! Earn up to \$200 - \$1200 a month. Work your own hours 1 Train/Support. Call 1-800-323-AVON. 3118

## STAFF BUILDERS

Home Health Care Seeking employees for Belle Glade Office: RN's, LPN's, Hi-Tech Nurses, HHA's. Full time positions available. Call Willie Lawrence (407)992-9424. EEO 3111

ACCREDITED RECORD TECHNICIAN (ART) Needed for a small rural hospital located in the Western Palm Beach County Area. Must have good supervisory skills. Competitive salary and excellent fringe benefits available. Please apply at: Personnel Department, 1201 S. Main Street, Belle Glade, FL 33430. 3111

TRUCK DRIVERS - \$2500 sign-on bonus for team owner operators with 6 months experience. High-rise conventionals available thru a special purchase plan for teams. Immediate openings for teams only. High Value Products Division of North American Van Lines. 1-800-234-3112. Dept. FC-49 FCAN174 3111

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RN/FAMILY CONSULTANT. F/T, M-F; permanent position. stable, fast-growing organization seeks caring RN to conduct case management, communicate with medical and social service, professionals, educate and support caregivers, and assist in expansion of Glades area satellite office in Pahokee. Competitive salary and benefits. Call Mark at (407)992-1363 to set up local interviews. 3111

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## PARK RANGERS

Game wardens, security, maintenance, etc. No experience necessary. For information call (219)769-6849 EXT 7180. 9 A.M. to 9 P.M. 7 days. 411

EASY ASSEMBLY any hours, \$339.94 week, family of 3 earns \$4417.92 monthly. FREE Information-24 Hour Hotline. 801-379-2900 Copyright #FL158H. 193

## 14 - LEGAL SERVICES

DIVORCE \$68 \*. COVERS CHILDREN, property division, name change, military, missing spouse documentations, etc. Only one signature required. \*Excludes government fees, incontest. 1-800-547-9900. FCAN177 3111

## 18 - MISCELLANEOUS

KILL ROACHES, BUY ENFORCER OverNite Roach Spray or OverNite Pest Control Concentrate. Makes 2 gallons. Kills roaches overnight or your money back; GUARANTEED! Available at local hardware stores and home center. FCAN178. 3111

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## 19 - MOBILE HOMES SALES

DOUBLE WIDE MOBILE HOME & LOT FOR SALE: 3 BR/2BA. Large lot, fenced. Call after 6 p.m. (407)996-6888. 3111

MOBILE HOME & lot for sale: 3 BR/2 BA. Excellent condition. Chain link fenced yard. Ted shed & dog kennel. Front & Rear decks. Asking \$28,000. Call (813)983-4218, after 6:00 pm or leave message on machine. 3118

NEW FLEETWIDE DOUBLE WIDE. 3 BR/2 BA, \$240.34 per month. 813-763-1126. 3111

## 22 - NOTICES

DUTCH BOY 17, ANXIOUSLY awaiting host family. Enjoys sports, reading and computers. Other Scandinavian/ European high school students arriving August. Call FLORINE 813-677-4200 or 1-800-SIBLING. FCAN 164 3111

TUTOR AVAILABLE: Will tutor up to 200 levels College students, 12th & GED in all subjects. Call (407)992-7850. FCAN182 3111

## 24 - PERSONALS

SARAH HOWARD MOORE: Please contact Melvin Moore, about a divorce. (407)996-7704, 992-8339 or 556 S.W. Avenue A - #5, Belle Glade. 3125

Pamper Yourself & Save! with AVON Your one stop shop at home! call Frances Weeks 407-924-5758

## COMMUNITY-MINDED

individuals sought for a reporter's position at The Sun Newspaper Experience optional, we will train the right person. Flexible hours. Write to The Sun Newspaper, P.O. Box 2226, Belle Glade, FL 33430, or come by our office located in White's Plaza, 417 N.W. 16th Street, Belle Glade and fill out an application today.

## BY ORDER OF MAJOR LENDER ON SITE AUCTION

ORTONA, FL Ortona Canal Waterfront Ranch Williams Rd. 4 Br., 3 Bath 3576 Sq. Ft. Living Area Large 5 Acres Ranch Frontage on Canal to Caloosahatchee Waterway

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OTHER PROPERTIES TO BE SOLD ABSOLUTE IN BARTOW, WINTER HAVEN, AUBURNDALE, LAKE LAND, LAKE WALES, OCALA. RESERVE AUCTIONS IN DAVENPORT & MULBERRY

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HOUSEKEEPING: I will housecleaning indoor & outdoors. Monday- Wednesday- Friday. Call (407)924-5316. 3111

WILL CLEAN your home or office. Reasonable rates, reliable and trustworthy. Call for an appointment (407)996-3364. 3111

24 - PET S & PRODUCTS Dissatisfied with liquid wormers? HAPPY JACK TRIVERMICIDE gets hooks, rounds, and tapes in-dogs and cats. Available O.T.C. At feed and farm stores. FCAN181 3111

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26 - RENT / APARTMENTS FOR RENT: One bedroom apartment, located at 1240 N.W. Avenue B, Belle Glade. Call (407)996-3945. 3111

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Work with and supervise Housekeeping personnel. Experience in business or supervisory capabilities. Good knowledge of procedures, materials and equipment for cleaning. Institutional management helpful. Contact Human Resources at Hendry General Hospital, 813-983-9121 extension 231. EOE 3111

NORTH CAROLINA MOUNTAINS Call toll free for a tree brochure showing a large variety of mountain properties. 1-800-892-1553. SMOKEY MTN. LAND & HOMES: Box 652, Murphy NC 28906. 3118

WESTERN NORTH CAROLINA Mountains. Call Toll Free for Free Listing of Properties and Homes. 1-800-438-8159. Raper Realty, Inc., P.O. Box 619, Murphy, NC 28906. FCAN169 3111

## 34 - TANNING

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## 38 - YARD SALE

YARD SALE & CRAFTS SALE: SAT. MARCH 13th; 8:00 am - 7:146 N.W. Ave G, Belle Glade. 3111

YARD SALE !!! FRIDAY- MARCH 12; 8 AM - 2 PM. Clothing - Household Items - Furniture. 615 SE 2nd Street, Belle Glade. 3111

GARAGE SALE: Sat. March 13th, at the Katherine Pine Foundation. 7 AM-12 PM (Noon). 1025 N.W. Avenue D, Belle Glade. 3111

## DEADLINE FOR ALL NEWS MATERIAL IS MONDAY BEFORE 3:00 PM

ADVERTISING DEADLINE IS NOON ON MONDAY

South Florida Conservancy District Notice of Landowners Meeting

Notice is hereby given in accordance with the provisions of Chapter 20077, Laws of Florida, Acts of 1981, a meeting of the owners of lands within South Florida Conservancy District will be held Tuesday, March 16, 1993, at 1:30 PM, at the office of said District in the City of Palm Beach, County of Palm Beach, State of Florida, for the purpose of selecting one Supervisor for three (3) years, or until the successor shall be elected or appointed and shall have qualified, and for the purpose of transacting such other business as may come before said meeting.

South Florida Conservancy District At Frank L. Pothel, Chairman Public March 4 & 11, 1993 Legal 82-21

PUBLIC NOTICE Public notice is hereby given that the election of officers for the Chapter 17, Laws of Florida, Acts of 1981, a meeting of the owners of lands within South Florida Conservancy District will be held Tuesday, March 17, 1993, at 7:00 PM, at the office of said District in the City of Palm Beach, County of Palm Beach, State of Florida, for the purpose of selecting one Supervisor for three (3) years, or until the successor shall be elected or appointed and shall have qualified, and for the purpose of transacting such other business as may come before said meeting.

South Florida Conservancy District At Frank L. Pothel, Chairman Public March 11th, 1993 Legal 82-23

For further information, please call Marilyn Kable to toll free at 800-462-7327.

Public Notice is hereby given that the election of officers for the Chapter 17, Laws of Florida, Acts of 1981, a meeting of the owners of lands within South Florida Conservancy District will be held Tuesday, March 17, 1993, at 7:00 PM, at the office of said District in the City of Palm Beach, County of Palm Beach, State of Florida, for the purpose of selecting one Supervisor for three (3) years, or until the successor shall be elected or appointed and shall have qualified, and for the purpose of transacting such other business as may come before said meeting.

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South Florida Conservancy District At Frank L. Pothel, Chairman Public March 11th, 1993 Legal 82-23

For further information, please call Marilyn Kable to toll free at 800-462-7327.

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## LEGAL NOTICES

SOUTH FLORIDA CONSERVANCY DISTRICT NOTICE OF LANDOWNERS MEETING

Notice is hereby given in accordance with the provisions of Chapter 20077, Laws of Florida, Acts of 1981, a meeting of the owners of lands within South Florida Conservancy District will be held Tuesday, March 16, 1993, at 1:30 PM, at the office of said District in the City of Palm Beach, County of Palm Beach, State of Florida, for the purpose of selecting one Supervisor for three (3) years, or until the successor shall be elected or appointed and shall have qualified, and for the purpose of transacting such other business as may come before said meeting.

South Florida Conservancy District At Frank L. Pothel, Chairman Public March 4 & 11, 1993 Legal 82-21

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South Florida Conservancy District At Frank L. Pothel, Chairman Public March 11th, 1993 Legal 82-23

For further information, please call Marilyn Kable to toll free at 800-462-7327.

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GROVE & FARM EQUIPMENT AUCTION

10AM • Thursday, March 11, 1993 Winter Haven, FL Intersection of Carl Floyd & Executive Road

Tree Tee Pees Semi Tractors  
Tree Wraps Axles,  
Berkley Pumps Tires, Wheels,  
Power Units Weights  
Seeders Fumigators  
Mowers Tree Hole Digger  
Choppers Transmission Parts  
Back Blades Engines & Parts  
Steel Tanks Hand Valve Banks  
Booms Steel Tanks  
Forklifts Tool Boxes

MUCH, MUCH MORE NOT LISTED! CONSIGNMENTS WELCOME 10% BUYER PREMIUM ON ALL PURCHASES

TERMS: cash, cashier's check, company or personal check with bank letter of guarantee. INSPECTION: Mar. 10, 9 a.m. - 5 p.m. DIRECTIONS: From I-4, take 27 South to Hwy. 542 West; travel Hwy. 542 West approximately 2 1/2 miles to Carl Floyd Rd. and follow auction signs. From Winter Haven, travel Hwy. 542 East and watch for auction signs. SALE MANAGER: Maxwell Green.

Zenith Auction & Realty, Inc

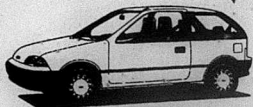


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**NEW '93 CHEVROLET  
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LOADED WITH ALL STANDARD  
FACTORY EQUIPMENT • FACTORY AIR

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**THE ALL NEW '93  
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**IS HERE**



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FULL POWER EQUIPMENT

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**NEW '93 CHEVROLET  
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AIR • ANTI-LOCK BRAKES • AM/FM CASSETTE  
CHROME STEP BUMPER • 4200 GVW PKG

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STK# 316219

**NEW '93 CHEVROLET  
C3500 DUMP TRUCK**

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TRANSMISSION • 4.10 REAR LOCKING DIFFERENTIAL • 5.7 LITRE H.D.  
V8 ENGINE • AIR • 12 H.D. FLAT BED DUMP

**\$19,988\***

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89 PONTIAC LEMANS 5 SPD, A/C, 36,000 MI. LIKENED	\$4,488
87 FORD ESCORT WAGON A/C, STEERING, 2 TONE	\$4,688
86 TOYOTA CRESSIDA A/C, FULL POWER, EXTRA CLEAN	\$4,988
87 MERCURY COLONY PARK SW LOADED - GREAT FOR THE FAMILY	\$5,988
90 FORD ESCORT LX 4 DR, LOADED - A/C, 21,000 MI	\$5,988
90 FORD MUSTANG A/C, PW, CRUISE	\$6,988
87 CHEV CAPRICE CLASSIC 4 DR, LOADED, ALL THE TOYS EX. CLEAN	\$6,988
88 OLDS CIERA SL CPE WHITE, LEATHER, AUTO, LOADED	\$6,988
91 GEO STORM 2+2 A/C, SUNROOF, TEAL GREEN, beautiful	\$7,988
91 FORD ESCORT GT A/C, A/C, PW, CRUISE, LOW MILES	\$7,988

### PRE-OWNED CARS

92 PONTIAC LEMANS 4 DR, A/C, A/C, PW, PB, 11,000 MI	\$7,988
86 HONDA ACCORD DX CPE BEAUTIFUL CAR, 30,000 MI	\$8,488
87 CHEV CAPRICE CLASSIC STA. WGN FULL POWER, 9 PASSENGER, EXCELLENT COND	\$8,488
92 DODGE SHADOW STK# 97240 21,000 MI REMAINING FACT. WARRANTY	\$8,988
92 CHEV CAVALIERS A/C, A/C, STILL UNDER WARRANTY	\$8,988
92 PONTIAC SUNBIRD SE 4 DR, A/C, A/C, RED, 19,000 MI	\$9,488
92 CHEV CORSICAS PICK ONE V8, AUTO, PW, PB, ABS, AIR BAG	\$9,488
92 CHEV LUMINA 4DR, A/C, A/C, V6, LOW MILES	\$9,988
91 PONTIAC GRAND AM LE A/C, A/C, STEREO, LOW MILES	\$9,988
91 MITSUBISHI ECLIPSE 5 SPD, PW, P/D, STEREO CAS, MINT COND.	\$10,488

### PRE-OWNED TRUCKS

89 ISUZU PICK-UP 5 SPD, 4 CYL, A/C	\$4,988
87 FORD F150 LWB A/C, A/C, A/C	\$4,988
89 CHEV S-10 PICKUP 5 SPD, 4 CYL, A/C	\$4,988
87 CHEV S-10 BLAZER A/C, 4 CYL, A/C	\$4,988
90 ISUZU PICK-UP 5 SPD, 4 CYL, A/C	\$5,988
88 JEEP COMANCHE PICK-UP 5 SPD, 4 CYL, A/C	\$5,988
89 MAZDA B2000 PICK-UP 5 SPD, 4 CYL, A/C	\$6,488
87 FORD RANGER EXT CAB 6 CYL, 5 SPD, A/C	\$6,988
86 CHEV 1 TON DUALY 454, 5 SPD, A/C	\$6,988
88 FORD BRONCO II 4X4 XLT A/C, 6 CYL, A/C	\$6,988

### PRE-OWNED TRUCKS

86 DODGE RAMCHARGER 4X4 SE A/C, V8, A/C	\$7,488
89 DODGE CARAVAN 4 CYL, A/C, A/C	\$8,988
91 FORD RANGER XLT A/C, A/C	\$8,988
90 TOYOTA 4X4 PICK-UP 5 SPD, 4 CYL, A/C	\$9,788
90 CHEV C1500 LWB PICK-UP A/C, V8, A/C	\$9,988
91 CHEV ASTRO CARGO VAN A/C, 5 CYL, A/C	\$9,988
91 GEO TRACKER LSI 4X4 A/C, A/C	\$10,988
90 CHEV S-10 BLAZER TAHOE, A/C, 4.3 V6, A/C	\$11,488
89 CHEV HI-TOP CONV. VAN LOADED EXTRA NICE	\$11,988
91 CHEV ASTRO CS 5 CYL, A/C, A/C, 5 PASSENGER	\$11,988



Paul Dixon



Rick Gold

Your Home Town Sales Team

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8:30 a.m. til 9:00 p.m. Monday to Friday • 9:00 a.m. til 6:00 p.m. Saturday • 11:00 AM til 5:00 p.m. Sunday

Service/Parts Department open Saturday 8:00 a.m. til Noon



Se Habla Espanol

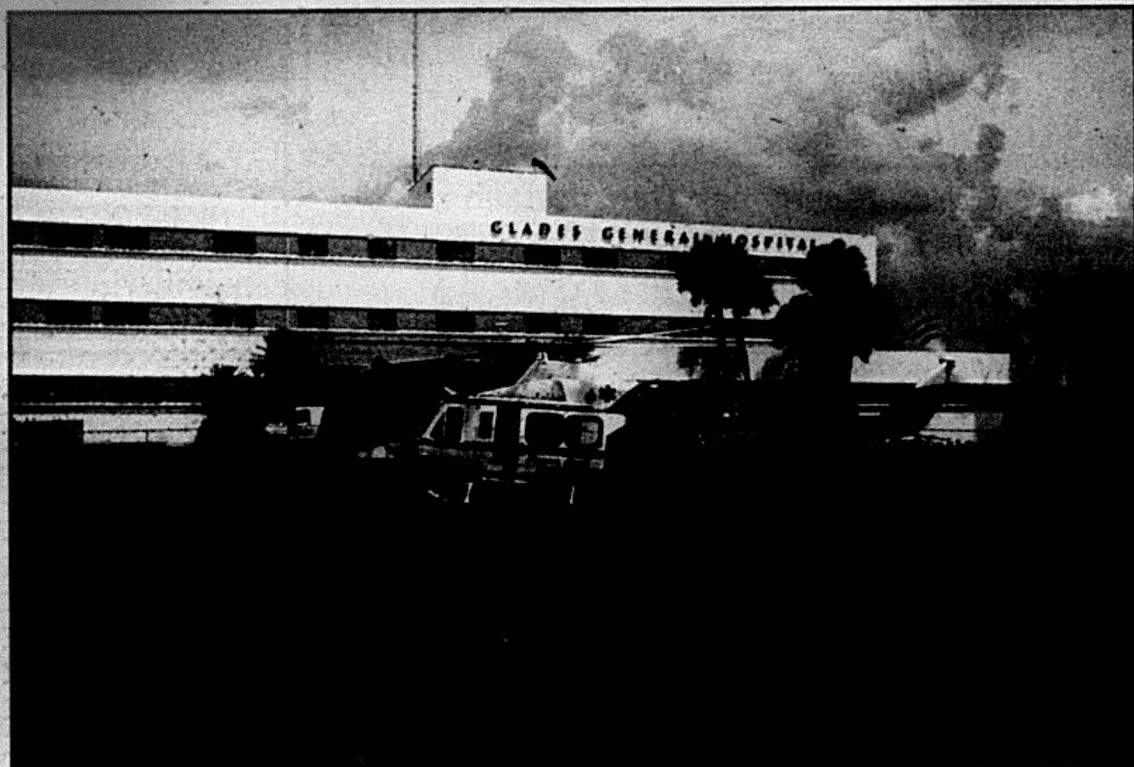


\* All prices include all GM incentives and all related Plus Tax, tag & title  
\*\* Includes all rebates, plus 6% FL sales tax, \$249.00 Dealer Handling charge, License and title fees. Does not include Environmental Protection Package (\$796.00)



**1993 WESTERN PALM BEACH COUNTY  
MEDICAL DIRECTORY**

**GLADES GENERAL  
HOSPITAL**



**Health Care Is Our Business  
Community Wellness Is Our Goal**

**1201 S. Main Street  
Belle Glade, Fl 33430**

**(407) 996-6571**





**FREE Non-Emergency Transportation**  
To and From Palms West Hospital Now Available.  
For Further Information Call **798-3300**  
In Belle Glade call **930-RIDE**.



CLOSE TO YOU

**YOUR New Life Center**

— delivering the future at —

*Palms West Hospital*  
**IS**  
**THE PERFECT PLACE**  
**TO HAVE YOUR BABY**  
8 Deluxe Single-Room  
Birthing Suites



IF YOUR EXPECTING  
WE'RE DELIVERING

**798-BABY**

(798-2229)



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## Palms West Hospital

13001 Southern Blvd.

Serving Wellington, Royal Palm Beach,  
Loxahatchee, and the Western Suburbs.

- 24-HOUR EMERGENCY CARE
- CARDIAC & INTENSIVE CARE
- OUTPATIENT DIAGNOSIS,  
TESTING & REHABILITATION
- INTRODUCING LASER SURGERY
- OUTPATIENT SURGERY
- MATERNITY SERVICES
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- INTRODUCING: PALM BEACH COUNTY'S  
FIRST NON-CLAUSTROPHOBIC MRI  
(Magnetic Resonance Imaging)

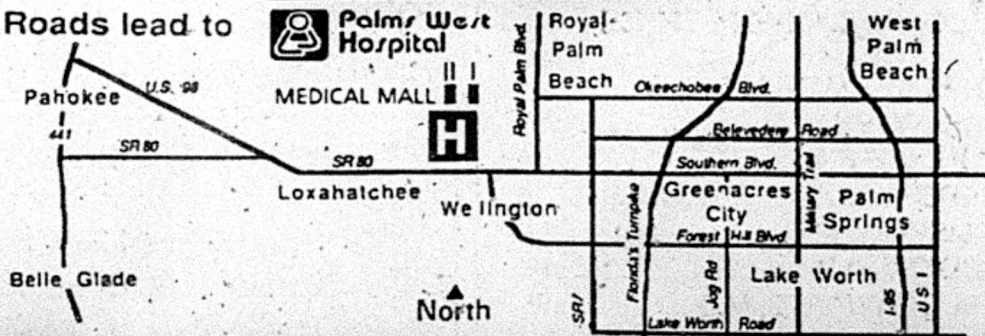
**798-3300**

All Roads lead to



**Palms West  
Hospital**

MEDICAL MALL





# 1993 Medical Directory

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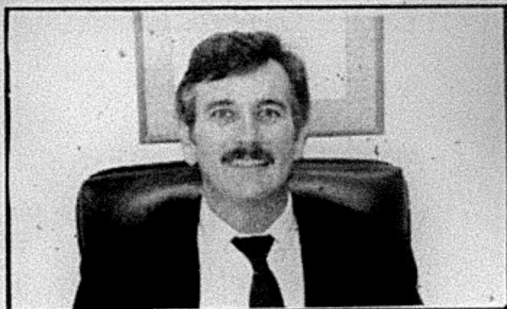
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PUBLISHED BY  
**THE SUN NEWSPAPER**  
 417 N.W. 16TH STREET SUITE 6  
 BELLE GLADE, FL 33430  
 MARCH 11, 1993



# CHIROPRACTIC

Mattress Sets by **Springwall**



"I highly recommend the Springwall Chiropractic mattress sets. They insure proper spinal support as well as comfort."

**Dr. Kevin Connell**  
607 S. Main Street, Suite 106  
Belle Glade Fl. 33430  
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Chiropractic Mattress Sets by Springwall is the only matched set of bedding constructed in accordance with the specifications of the Posture Committee of the American Chiropractic Association



**FURNITURE**  
Appliances & Electronics

If you or a friend have thought about quitting smoking, here's some good news: it's never too late to quit. Consider these facts:

Smoking is the major cause of cancer deaths in the United States. It leads to nearly all cases of lung cancer and is a major cause of cancers of the mouth, larynx (voice box), esophagus (food tube), bladder, kidney, and pancreas.

Smoking can be particularly risky for older Americans. Many have smoked for a long time—an average of 45 years. Fortunately, older is often wiser when it comes to quitting. Older smokers are more likely to succeed. Of those older smokers who quit, nine out of ten do so on their own or with the help of booklets and programs they use on their own.

Nobody ever said quitting was easy, but it can be done. Here are some of the reasons to do it:

**Your health:** Twelve hours after you cut out that last cigarette, your body begins to heal itself. You will begin to breathe easier and your sense of smell and taste will improve. In ten years, your risk of death from smoking is nearly the same as that for a person who has never smoked.

**Your family's health:** The smoke from your cigarettes puts your children and grandchildren at risk of developing pneumonia and bronchitis. It also aggravates asthma. If your spouse is a non-smoker, his or her risk of getting lung cancer doubles if you smoke heavily.

**Your pocketbook:** Cigarettes are expensive, and so is health care. You can save on both if you quit.

All in all, if you're a smoker, quitting is the single best thing you can do to protect yourself against cancer. Over 40 million Americans have done it. You can too!

## How Do I Quit?

Remember, most people do quit smoking on their own. Your doctor or pharmacist can help you get started. Or, call the Cancer Information Service at 1-800-4-CANCER for advice and a free booklet of tips to quit. It's a free call.

## Smoking: It's Never Too Late To Quit



Cigarette smoking is responsible for 85 percent of lung cancer among men, reports the American Cancer Society.



# - EMERGENCY NUMBERS -

For the cities of Belle Glade, Pahokee, South Bay and Canal Point.

# 9-1-1

or Dial "0" (Operator)



## 9-1-1 Emergency

Fire/Police/Medical Services for  
Telecommunications Devices for the Deaf

### Fire Department

BELLE GLADE  
996-2031

PAHOKEE  
924-2424

SOUTH BAY  
996-4337

CANAL POINT  
924-7766

### Police Department

BELLE GLADE  
996-7251

PAHOKEE  
924-5691

SOUTH BAY  
996-6511

CANAL POINT  
924-7766

### Other Emergency Numbers

Sheriff's Department ..... 996-1670

Highway Patrol ..... 924-5580

Poison Control Center ..... 1-659-6333

Crisis Line ..... 996-1121

Abuse Registry (TOLL FREE) ... 1-800-962-2873

Glades General Hospital ..... 996-6571

Everglades Memorial Hospital ... 924-5201

Ambulance - Emergency ..... 9-1-1

Transfers - Non-Emergency..... 924-5201



Dr. Kevin Connell

## Dr. Kevin Connell

### CHIROPRACTIC PHYSICIAN

### INSURANCE CASES ACCEPTED

- Health Insurance (Major Medical)
- Liability (Automobile Accidents)
- Worker's Compensation (On Job)

### HOURS:

MONDAY - WEDNESDAY - FRIDAY 9 a.m. - 1 p.m. 2:30 - 5:30

TUESDAY 9 a.m. - 1 p.m. THURSDAY - 9 a.m. - Noon

607 S. Main St., Suite 106  
Belle Glade

996-1976



# Welcome To Palms West Hospital



13001 Southern Blvd.  
Loxahatchee, Fl.

(407) 798-3300

The 117-bed employee-owned facility is part of Health Trust, Inc., a company which manages B5 hospitals throughout the United States.

"We stand poised for new opportunities," said, Mike Pugh, CEO of Palms West. "We have a vision of health care for our community that extends well into the year 2000."

A \$14 million expansion plan that will provide increased facilities and nearly double the size of Palms West Hospital began construction on September 1, 1992.

The expansion phase calls for four new operating rooms; 50-seat ambulatory surgery waiting room; separate entrance for ambulatory surgery patients; expanded imaging department; the addition of nine emergency room beds; a designated trauma room; expanded rehabilitation therapy, respiratory therapy, and laboratory facilities; expanded business office and 50 seat waiting room space; new class and meeting rooms; and expanded administrative facilities.

The expansion will also include a new 23-bed medical/surgical inpatient wing on the hospital's third floor; a heliport, and added parking.

In addition to the hospital expansion a new Professional Office Building is scheduled to be completed in April of 1993.

The growth of Palms West parallels the growth of the community. Palms West Hospital will continue to strive to keep pace with the health needs of our patients and physicians.

The first phase is scheduled to be completed in April of 1993 and the second phase will be completed in September 1993.



## HEAT ILLNESS

Heat illnesses occur most commonly in early summer when the victims may have been exercising excessively without acclimatizing themselves to hot weather or during "heat waves" in which high temperature-high humidity and lack of wind combine to expose everyone to the risk of heat illness.

Heat illness can be divided into three basic categories: heat cramps, heat exhaustion and heat stroke. Heat cramps are characterized by muscle cramps. Often these cramps occur in the abdominal or chest muscles.

Heat exhaustion is characterized by weakness, nausea, dizziness, headache, and sometimes muscle cramps. Sweating is present. There is usually no disorientation. Body temperature may be elevated but less than 104°F.

Heat stroke is characterized by loss of the ability to sweat. The skin is hot and dry. The victim is confused and may even have seizures. Body temperature is elevated to greater than 104°F.

The treatment for heat illness consists of removing the victim from the hot environment and replacing the fluid and salt in the body. In addition, rapid cooling is needed for patients with heat stroke. A physician should be consulted if any form of heat illness is suspected.

FOR MORE INFORMATION ABOUT HEAT STROKES CONTACT YOUR FAMILY PHYSICIAN.

- Relieving Pain
- Restoring Smiles
- Se Habla Espanol



We accept Insurance, Master Card & Visa  
Monday - Friday 7 a.m. - 5 p.m.

**Ray G. Behm Jr., D.D.S.**



124 S.W. 1st St.  
Belle Glade  
996-0111

## PHILIP L. PROVENZALE, D.D.S., P.A. (General Dentistry)

TERYL E. COLLIER RDH  
BRENDA WHITAKER RDH  
HYGIENE

TICA RIVAS C.D.A.  
REBECCA TRIP  
ASSISTANTS

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RECEPTION

PREVENTION

DENTAL  
HEALTH

MAINTENANCE

346 Bacom Point Rd.  
Pahokee, Fl.

407 924-5583

SE HABLA  
ESPANOL





# Glades General Hospital

1201 S. Main Street • (407) 996-6571 • Belle Glade, FL 33430

Glades General Hospital is a non-profit 73 bed, full service acute care facility serving the residents of western Palm Beach, Hendry, and Glades counties. GGH is accredited by the Joint Commission on Accreditation of Healthcare Organizations and is committed to quality care by caring professionals.

Our facility is equipped to handle a wide variety of cases. We provide 24-hour, physician staffed emergency care in a Level 3 emergency room. Our newly renovated Critical Care Unit is fully equipped with Hewlett-Packard color monitoring systems for quality care in cardiac, renal, and other medical emergencies. Our facilities also included both inpatient and same day surgical suites capable of quick hassle-free procedures with the aid of modern SLT contact laser equipment.

Our outpatient services include Laboratory, Physical Therapy Respiratory Therapy, a Breast Diagnostic Center, and a Renal Care Center. Our Radiology department is soon to be equipped with a state of the art Argus System nuclear imaging camera, capable of SPECT (Single Photon Emission Computed Tomography) imaging. In order to meet the increasing demand for Physical Therapy services, the department has been expanded to larger facilities with newly upgraded equipment.

The highly qualified physicians on our medical staff provide a wide range of services including Emergency Medicine, Ophthalmology, Pediatrics, General and Vascular Surgery, Cardiology, Family Medicine, Gynecology, Orthopedic Surgery, and Nephrology. Those without a personal physician can take advantage of the hospital's free physician referral service by calling (407)996-6571, extension 446. This service is available 8 a.m. to 4 p.m., Monday through Friday.

Glades General Hospital is committed to promoting the health of the communities it serves. This commitment extends from our Governing Board to each member of our staff. We continually strive to improve patient care and services to the community through preventative medicine, health education and acute inpatient and outpatient care. These services are delivered in a courteous and compassionate manner without regard to individual personal characteristics and or the individual's ability to pay.

We invite you to come and visit our facility and experience our unique combination of high technology and genuine compassion that makes Glades General Hospital special.

**Glades General Hospital - "The Caring Place"**





# Glades General Hospital

1201 S. Main St. • Belle Glade, FL 33430 (407) 996-6571

**Glades General Hospital is proud to have the following physicians on staff:**

Physician Name	Specialty	Phone
Shanti Agarwal, M.D.	Pathology	996-6571 ext 474
Krishna Alankar, M.D.	Emergency Medicine	996-6571 ext 555
Alan Alarcon, M.D.	Diagnostic Radiology	996-6571 ext 460
Margarita Alarcon, M.D.	Diagnostic Radiology	996-6571 ext 460
Michael Arnall, M.D.	Pathology	996-6571 ext 474
Carlito Arrogante, M.D.	O.B./G.Y.N	996-6571 ext 526
Charles Azan, M.D.	Pediatrics	996-8500
Ahmed Barhoush, M.D.	O.B./G.Y.N.	996-9573
Edward Becker, M.D.	Urology	996-7016
Mukesh Bhatt, M.D.	Physiatry	996-6571 ext 443
Haytham Bitar, M.D.	Emergency Medicine	996-6571 ext 555
Ira Bloomfield, M.D.	Emergency Medicine	996-6571 ext 555
Larry Bush, M.D.	Infectious Disease	996-6571 ext 442
Francisco Carmona, M.D.	General Surgery	996-6571 ext 510
S. Chakravorty, M.D.	Gastroenterology/Internal Med.	996-3262
Richard Cohen, M.D.	Diagnostic Radiology	996-6571 ext 460
Alberto Convers, M.D.	Diagnostic Radiology	996-6571 ext 460
John Crowell, M.D.	Ophthalmology	798-4455
Victor DePina, M.D.	General Medicine	996-1990
David Erlandson, M.D.	Emergency Medicine	996-6571 ext 555
Michael Garvin, D.P.M.	Podiatric Medicine	996-6571 ext 526
Francine Greco, D.O.	Emergency Medicine	996-6571 ext 555
Douglas Gula, D.O.	Orthopedics	798-6600
Taskinul Haque, M.D.	Pediatrics	996-6571 ext 576
Martin Harland, D.O.	General Medicine	996-2024
Carol Huser, M.D.	Pathology	996-6571 ext 474
Ramon Isales, M.D.	Pediatrics	996-1600
Gracian Isidron, M.D.	Anesthesiology	996-6571 ext 510
Ike Joel Jacobson, D.P.M.	Podiatric Medicine	813-467-6700
Deanna James, M.D.	Internal Medicine	996-1600
Karim Kaki, M.D.	Internal Medicine	813-983-5453
John P. Keller, M.D.	Diagnostic Radiology	996-6571 ext 460
Donna Kleban, M.D.	General Surgery	996-6571 ext 578
J. Kolinjivadi, M.D.	Pathology	996-6571 ext 474
Prasad Konda, M.D.	Internal Med./Cardiology	996-6571 ext 446
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## STROKES

The symptoms of a stroke differ, depending upon the part of the brain affected. The victim may or may not lose consciousness, and may or may not have a convulsion. Major signs of a stroke often include one or more of the following:

1. Intense headache.
2. Difficulty in alteration in speech.
3. Suddenly impaired vision.
4. Weakness.
5. Paralysis, tingling or numbness of one or more parts of the body, usually localized on one side of the body, as an arm, a leg, or both, or the muscles of one side of the face (evidenced by one drooping eyelid, or sagging of one side of the mouth).
6. Difficulty in breathing or swallowing.
7. Loss of control of bladder and/or bowel.
8. Unequal size of the pupils of the victim's eyes.

In case of major strokes, the following first aid measures are in order:

1. Maintain an open airway.
2. Position the victim on his side to allow secretions to drain from the side of the mouth.
3. DO NOT give him fluids.
4. Call for medical advice as soon as possible; hospitalization is usually necessary.

## Do You Know These Facts About Breast Cancer?

How much do you know about breast cancer? The answer is probably "not enough," because few people like to think about the subject. But your health, and even your life, or the life of a woman close to you, may depend on knowing a few simple facts.

- One out of every 10 American women will develop breast cancer in her lifetime.

- Breast cancer can occur without any warning signs. and more than 80% of breast lumps are not cancerous.

- If breast cancer is diagnosed and treated early, the five - year survival rate is more than 90%.

- Modern mammography can reveal small breast cancers up to two years before they can be felt.

There is no need to be afraid to learn about breast cancer. The facts are encouraging and reassuring. If you remember only one thing about breast cancer, it should be this: Your best protection is early detection. Early detection provides the best opportunity to treat breast

cancer successfully, and a diagnosis may not mean removal of the breast. Doctors recommend this three-step early detection program:

Schedule regular mammograms-your first screening mammogram by age 40, one every year or two to age 49, and every year after 50.

Practice monthly breast self-examination-your doctor can show you the proper method.

See your doctor for regular breast examinations-at least every years until age 40, then every year.



## PUNCTURE WOUNDS

Puncture wounds are wounds that are caused by sharp, slender objects such as a needle, nail or splinter. They are characterized by a wound that is small on the surface of the skin and extends for a variable depth into the tissue.

The majority of puncture wounds can be managed easily. The area of the wound should be thoroughly cleansed with soap and water. Tetanus immunization should be given if needed. (Need for tetanus immunization depends on the interval since last immunization and severity of the wound; consult your doctor if in doubt.)

If the object punctures a blood vessel, swelling may occur immediately. This most commonly occurs with puncture wounds of the hands and feet. It is usually self limited and stop when pressure is applied to the puncture site and the extremity is elevated. If swelling continues or becomes very painful consult your doctor.

Puncture wounds due to their small size do not usually require sutures to close them. In fact, it is better not to close them because they are less likely to become infected when left open.

If the puncture wound is caused by an organic material such as wood, be sure that all of it has been removed. Organic material can cause a severe infection if left in the wound. As in the case of any type of wound, observation for infection is necessary. At the first sign of redness, swelling, increased pain or fever, consult your doctor.

## Donna Kleban, M.D.

### General Surgery

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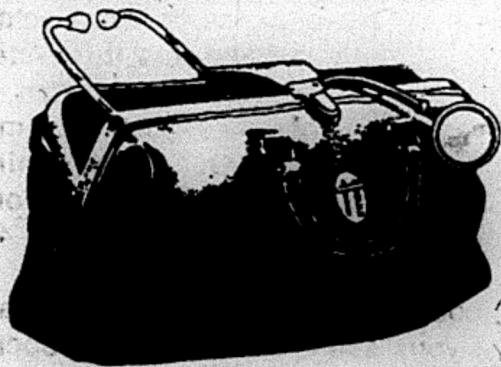
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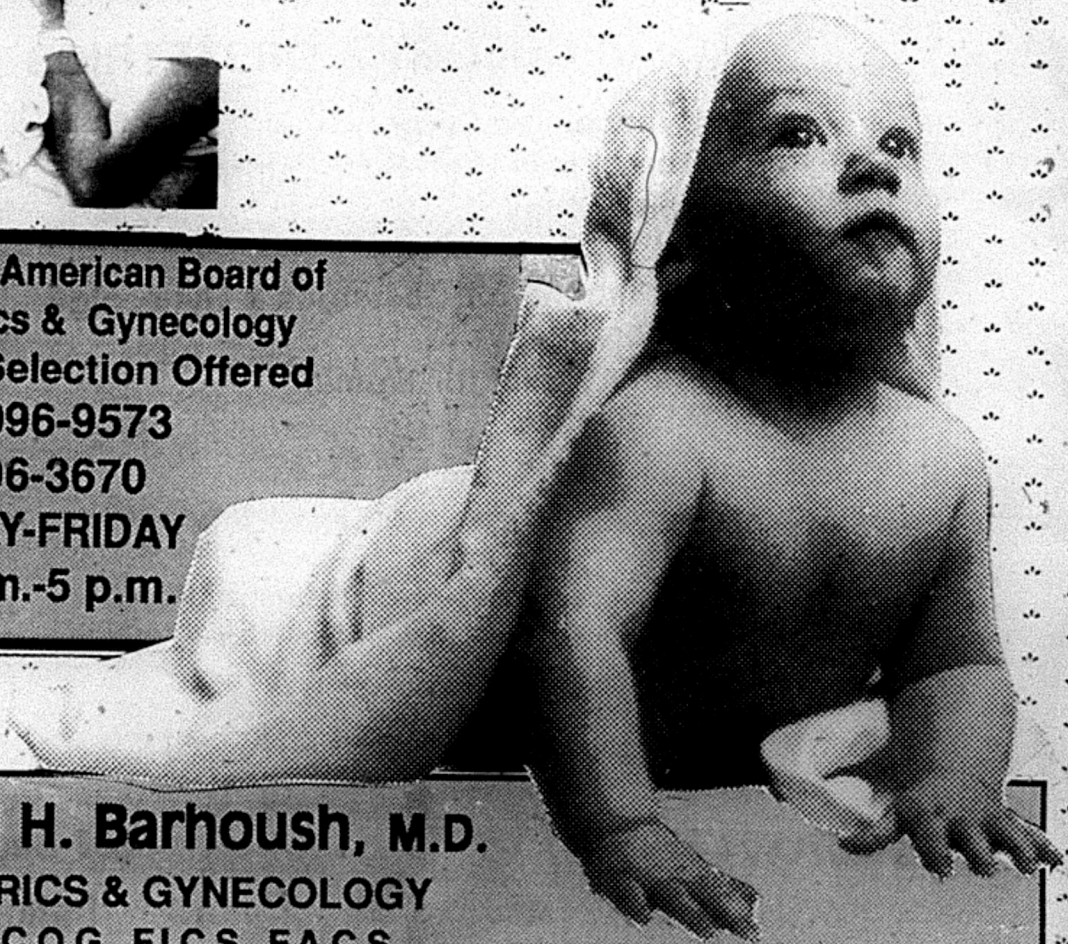
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# Birth Control Pills Most Popular Contraceptive

Since their introduction 30 years ago, oral contraceptives, or birth control pills, have become the most popular method of preventing pregnancy.

Aside from sterilization and the new contraceptive implants, oral contraceptives are the most effective means of birth control. The pills can work several different ways, either by inhibiting ovulation, inhibiting egg implantation or preventing sperm penetration.

Before prescribing oral contraceptives, the doctor needs to get certain vital information from the woman, including her menstrual history, previous medical problems and family medical history. Particular attention is paid to any incidence of diabetes, cardiovascular disease or cancer of the reproductive system.

This information helps the doctor determine if the patient is at risk by using oral contraceptives. Once any risks have been ruled out, the doctor

will choose the pill formulation that is right for the patient.

As with any medication, the patient's pharmacist can provide additional advice and information to supplement the doctor's instructions. The neighborhood pharmacist is always accessible should the patient have questions after starting the prescription, according to NARD, the national association representing independent retail pharmacy.

## When You Miss A Pill

All oral contraceptives should be taken daily. Missing one pill is not a major cause for concern.

The patient should just take it as soon as she remembers. It is best to take two pills at least six hours apart to minimize nausea which is common when two pills are taken simultaneously.

If two pills are missed, the patient should take two pills twice a day for two days and use a backup method of contraception for the rest of her

menstrual cycle. If three or more pills are missed, the patient should call her doctor or pharmacist because the possibility of ovulation and bleeding increases with each pill missed.

Although oral contraceptives are safe when used as prescribed, side effects are common. Most are minor and short-lived. They may include nausea, vomiting, breast tenderness, and vaginal bleeding or spotting. These side effects usually occur during the first 28-day cycle of use and disappear by the third or fourth cycle. Fluid retention and weight gain may also occur.

It is important for patients to understand that many different oral contraceptive formulations are available, and an estimated 80 percent of all women should be able to take birth control pills without noticeable side effects after the third cycle of use.

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**David Reddick, M.D.**

Dr. David Reddick offers complete gynecological and obstetrical care. Dr. Reddick completed his medical education at Boston University. Dr. Reddick completed his residence at Interfaith Medical Center in New York.

**SUITE 108 (407) 924-5200**

## Internal Medicine



**Christopher J. Mavroides, M.D.**

Dr. Mavroides is board certified in Internal Medicine. Educated at Williams College and the University of Cincinnati Medical School. Dr. Mavroides practices Family Medicine with a strong interest in diabetes, cardiovascular disorders, hypertension, geriatrics and chemical dependency problems. In 1990 Dr. Mavroides was selected Chief of Staff at Everglades Memorial Hospital.

**Suite 101 (407) 924-5858**

## Cardiology/Internal Medicine



**DEAN R. SILVER, M.D.**

Dr. Dean R. Silver is a Board Certified Internist in Cardiology, having practiced in Lake Worth since 1982. He attended Temple University School of Medicine in Philadelphia. He then completed a 3 year residency in Internal Medicine at the Albert Einstein Medical Center followed by a 2 year Cardiology Fellowship at the Deborah Heart and Lung Center in Browns Mills, New Jersey.

**407-924-7630**

**SUITE 107**

## Internal Medicine/Pediatrics



**David Miller, M.D.**

Dr. Miller is board certified in both Internal Medicine and Pediatrics. He completed his medical education and specialty training at the New Jersey Medical School. His practice offers complete care for every family member from newborns to active grown adults. Dr. Miller's pediatric practice includes: routine office visits, vaccinations, screenings, newborn care and physicals.

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### Gastroenterology



**Harold L. Sussewell, M.D.**

Dr. Sussewell specializes in the treatment and care of the stomach, intestinal and colon problems-such as stomach discomfort, gallstones, ulcers, polyps, and digestive problems.

Dr. Sussewell is a graduate of Brown University and Boston University Medical School.

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### General Surgery



**Josa A. Pineda, M.D.**

Dr. Pineda is a general surgeon. His practice includes endoscopy and complete surgical care for gastrointestinal problems, and breast disease, vascular problems and trauma care.

Dr. Pineda is Chairman of Surgery at Everglades Memorial Hospital

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### Ophthalmology



**J. David Crowell, M.D.**

Dr. Crowell directs the most progressive eye care and surgery facility in the Glades. The center offers: eye exams, diabetic eye care, pediatric eye care; glaucoma screening and care, cataract surgery and implants, corneal transplants and laser surgery.

Dr. Crowell completed his medical education at Cornell University in New York. An internship at Beth Israel Medical in New York followed.

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### Orthopedics



**Earl Adams III, M.D.**

Dr. Adams is board certified in orthopaedics. His practice includes the diagnosis and treatment of skeletal problems with specialized treatment in the areas of: fractures, sports medicine, back and spinal disorders, arthroscopic surgery, joint replacement and reconstructive surgery.

Dr. Adams completed his education at Harvard University and Howard University Medical School.

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## Oh! My Aching Feet

Improving the health of your feet is definitely a step in the right direction, experts agree.

Women complain of aching feet more often than men, primarily because of uncomfortable or ill-fitting shoes. The proper shoes can go a long way in relieving stress on the foot and body that leads to soreness and injury. When shopping for dress or athletic shoes, follow these guidelines for healthy, happy feet:

\*Shop for shoes in the afternoon or evening, when your feet have had time to spread. This ensures the shoes you buy won't be too tight at the end of a long day on your feet.

\*The sales person should measure both feet for length and width to ensure proper fit. Your feet can change size, or one may be bigger than the other.

\*The width of the shoe is just as important as the length.

\*Make sure your toes have "room to wiggle." The toe box should be roomy enough that your toes aren't pressured from the top, front or sides of the shoe.

\*Shoes should never slip at the heel. Q: A woman's heel is narrower in proportion to the rest of the than a man's. Make sure you buy a shoe designed specifically for women.

\*Walk around the store with the shoes on to be sure they are roomy enough. When buying athletic shoes, jump up and down to see if the shoes have proper cushioning.

\*Pick a shoe designed for your sport of choice: walking, tennis, and aerobics each challenge your muscles in slightly different ways.



When a surgical procedure is done in a podiatrist's office or clinic, a patient will be in and out the same day.

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**Christine M. Seng, PT DIRECTOR**

**Ms. Seng** has directed Everglades Physical Therapy since 1989. She was educated at Florida International University's Physical Therapy Program. The facility offers rehabilitation services for the entire community, including infant stimulation programs, pediatrics and adults to geriatrics, with medical, neurological, orthopaedic, and painful problems. We provide personalized treatment and exercise programs specialize in rehabilitating persons with work related injuries.



**Daniel Drapacz, DPM**

**Dr. Daniel Drapacz, DPM**, specializes in diseases, injuries and surgery of the foot. Dr. Drapacz did his graduate training at the California College of Podiatric Medicine. He is a member of the American College of Foot Surgeons, the American Podiatric Medical Association, the Fairfield County Podiatric Medical Association and the New Jersey Podiatric Medical Association. His office is located at 185 South Barfield Highway. The telephone number is 924-7216, and his Belle Glade office is located at 607 S. Main Street.



# Everglades Memorial Hospital

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Everglades Memorial Hospital "The Peoples Choice In the Glades" is a modern, Progressive medical center, dedicated to providing the best health care services to the entire Glades area. The hospital's facilities include: CAT Scan and Diagnostic Imaging, state-of-the-art Intensive Care Unit, 24-hour physician-staffed Emergency Room, Maternity and Women's Health Center, Ambulatory Surgery and Outpatient Diagnosis, and an innovative Orthopedic Care and Physical Therapy service.

Our medical staff is composed of dedicated and qualified physicians. They are complemented by our staff of caring professionals, nurses and technicians. Everglades Memorial's medical staff encompasses a broad range of specialties including: Internal Medicine and Family Practice, Obstetrics and Gynecology, Cardiology, Orthopedics, General Surgery, Urology, Pediatrics, Ophthalmology and Radiology. Everglades free Physician Referral program is available simply by calling 924-5200, Monday through Friday 9 a.m. to 4 p.m.

The Women's Health Care Center offers comprehensive medical services supported by modern ultrasound and mammography equipment. One of the major goals of the center is to provide early detection - while the prognosis for a complete recovery is still good.

Everglades Memorial is the only provider of both routine and emergency obstetrical service in the entire Glades and Lake Okeechobee region. With over 1400 deliveries per year, ours is one of the most active obstetrical departments anywhere- for our size no one in the entire state of Fl. delivers more babies. Providing obstetrics care equal to or superior to any other medical facility in the state, Everglades Obstetrics Department's record speaks for itself.

The Outpatient Services Department enables patients to come to the hospital and have diagnostic tests and examinations performed quickly and conveniently. Ambulatory or "same day" surgery allows patients the comfort of coming into the minor surgery unit and going home the same day at considerable cost savings.

Our innovative Orthopedic Care Unit offers quality general orthopedic care and surgery. It is supported by a high-tech Physical Therapy Department, headed by a licensed physical therapist. This department offers the most modern equipment and treatment programs available in the field.

Everglades offers EMPLOYMED, a unique occupational health care system designed for employers both large and small. This program can be customized to meet a company's precise health care needs. For additional information, please call: 924-5200.

Plan participants can enjoy considerable savings by utilizing our services. Some of the major groups we are affiliated with are Palm Beach County School Board, state employees under Blue Cross PPC, Health Options, Humana, Heritage, Florida Health Choice Plan, Av-Med, and Health Win.

In a recent opinion poll conducted by a large independent agency, Everglades was picked "The People's Choice in the Glades" why? Quite simply... our goal at Everglades Memorial Hospital is to provide the community with the very best, medically advanced care possible, in a warm, caring environment.



# SEE YOUR DOCTOR

Help Your Doctor Help You

You can help your doctor decide on the best treatment for your medical problem if you follow these simple rules on your next visit. Your doctor should be told:

- if you have ever had an unusual or allergic reaction to any medication.

- if you are pregnant, or if you may become pregnant.

- if you are breastfeeding. Some drugs may pass into the milk and may increase the chance of side effects.

- if you are taking any other prescription or over-the-counter medications. It is important to know that two or more medications taken together could produce unwanted effects.

Many medications may cause drug interactions. If you are seeing more than one physician for the treatment, it is very important to discuss with each physician the medication prescribed by the other. This will help your physician select the most appropriate



It's important to tell your doctor if you have any unusual reactions to one of your prescribed medications.

therapy for your specific situation. Some medications have a lower potential for interaction than others.

Two important points to remember are: If your doctor tells you to take all of your medicine, complete the full course as instructed, even if you feel better before it's all been taken, and if your doctor tells you to discontinue taking the medicine, do so immediately. If there's some left over, destroy it in a safe manner, out of the reach of children.

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## X-Rays: The Inside Story

Although almost everyone has several X-rays taken in a lifetime, few know the inside story of this fascinating invention.

THEN: X-rays were discovered in 1895 by William K. Roentgen, a German physicist. Roentgen called them X-rays because at first he did not understand what they were. X is a scientific symbol for the unknown. Scientists now know X-rays are a kind of electromagnetic radiation, which also includes visible lights, radio waves and gamma rays.

Within a few months after Roentgen's discovery, doctors were using X-rays to examine broken bones. In 1896, Thomas Edison improved the fluoroscope so it could be used to view X-ray images. More efficient X-ray tubes were invented over the years. In the 1970s, radiologists began to use new processes for recording X-ray pictures, including CAT scanning.

NOW: New X-ray technology developed here on earth can bring out-of-this-world benefits to the U.S. space program. The Federal Systems



X-rays taken in space will let doctors on earth diagnose astronauts working on the Space Station.

Division of Eastman Kodak Company has been awarded a \$3 million contract to develop a prototype medical X-ray imaging system to be used aboard the United States' Space Station scheduled for operation in 1995.

This Diagnostic Radiographic Imaging System (DRIS), compacts an entire X-ray system into a space of about 5.5 cubic feet and weighs less than 200 pounds. The equipment will let doctors on the ground assess disease or injuries that might occur to those working in space. It could prevent early termination of the mission or a costly rescue mission.

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## Relief Is In Sight For Sore Eyes



(NAPS)—Itching, burning, bloodshot eyes. Everyone's experienced them—whether it's due to a long day at the office, a late night on the town, an allergy, or a dry environment. "While most of these symptoms can be easily remedied, there are some things you should know before choosing an eye drop," says Dr. Kenneth Scherick, member of the Bausch & Lomb In Vision Institute. "Many people think an eye drop is an eye drop, but there are different eye drops for different needs."

### Choosing The Right Eye Drops

**•Redness-Reliever Drops**  
Red eyes are often a sign of irritation from air pollutants, cosmetics, alcohol or not enough sleep. Redness-relieving drops may be effective for quick, temporary cosmetic relief. These products reduce redness, but do not contain a lubricant to soothe eyes.

**•Allergy Eye Drops**—If you suffer from the seasonal onslaught of red, itching eyes, an allergy eye drop is in order. Over-the-counter eye drops designed specifically for allergy eyes do more than just remove the red. New Bausch & Lomb Maximum Strength Allergy Drops, for example, not only contain the highest concentration of redness-relieving naphazoline available without a prescription, but a lubricant that soothes itching eyes and prevents further irritation.

**•Artificial Tears** (lubricant eye drops)—If your eyes feel tired, itchy or gritty, you may be suffering from Dry Eye Condition. Dry Eye symptoms may affect up to 30 million Americans and can be caused by environmental conditions, smoke or smog. Other causes may stem from viewing computer screens, certain medication and age. Over-the-counter artificial tears act as

a moisturizer for the eyes, supplement natural tears, protect against further irritation, and are gentle enough to use as often as needed.

**•Eye Wash**—When you get something in your eye, don't rub—rubbing only makes it worse. Get irritants out the safe and simple way. A sterile saline formula rinses away irritants and provides fast, soothing relief to eyes bothered by dust, pollen, makeup, smoke, and other bothersome elements.

Whenever you use an eye care product, be sure it has not expired, changed color or become cloudy. If you're a contact lens wearer, make sure the product is made for use with lenses or remove them before using. To avoid contamination, do not touch the top of the container with your fingers, eyes, or other surfaces and close the bottle immediately after use. Always read the directions and if symptoms persist, see your eye care professional.



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The psychological impact of wearing reading glasses can be reduced if several pair are kept in different colors and styles to match a wardrobe or activity. The experts at Marchon & Marcolin suggest that fashionable designs and colors can turn a tired "Ben Franklin" image into a look that is contemporary and fun.

**Presbyopia** occurs as we age when the lens of the eye becomes less flexible and less able to accommodate a clear focus in mid-to-close distances. According to Dr. Jack Weber, Marchon & Marcolin's Director of Education and Research, the solution is to wear reading glasses or bi-focals.

Until recently reading glasses implied a stigma of old-age. They were never youthful or stylish.

All that has changed say the experts at Marchon & Marcolin. Reading glasses, or half-eyes as they are called in the eyewear industry, tend to be bolder, more colorful and much more fun to wear. Today, reading glasses are available in cherry-red, emerald green, grape, turquoise and metallic blue, besides the usual tortoise and grays.

"The psychological impact of wearing reading glasses can be diminished," says Dr. Weber, "if you keep several

pair that are color and style appropriate for the many facets of your life." He suggests investigating new eyewear materials and combinations of metal and plastic that can lend an air of authority, an image of elegance or a look that is just plain fun.

CFG halfeyes are available in fourteen unusual colors. CFGs are made from carbon fiber graphite, the lightweight and sturdy material in golf clubs and tennis rackets. A new material called Flexon makes bendable, twistable, tamper-proof eyeglass frames. For elegant dinner engagements, Marcolin eyewear has created reading glasses styled with glitter and gold.

Dr. Weber adds, "Why think of presbyopia as a traumatic experience, when eyewear has become an important fashion accessory. Take advantage of chic fashion choices and make reading glasses fun to wear."

## YOU AND YOUR EYES

Our eyes are the most important sense organs. Half of all cases of blindness can be prevented with current medical knowledge and techniques.

The best defense against eye problems is to have a professional eye examination every two years after age 35.

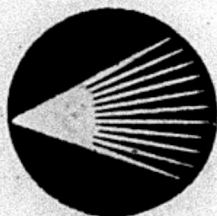


## LATEST TECHNOLOGY

**Disposable Contact Lenses:** One of the most significant advancements in the eye care profession has been the introduction of the Disposable Contact Lens. These lenses promise superior comfort and patient satisfaction. Simply wear them for one week and throw them away. Replacing the lens weekly helps promote better eye health, because lens deposits are less likely to build up over time as they do with extended wear or daily wear soft contact lenses.

# Donald A. Fliehs, O.D.

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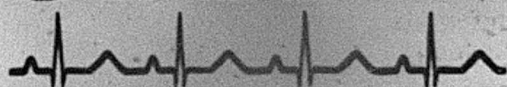
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# CPR CAN SAVE A LIFE!!



## SIGNALS OF HEART ATTACK

The most common signal of a heart attack is

- uncomfortable pressure, squeezing, fullness, or pain in the center of the chest behind the breastbone.

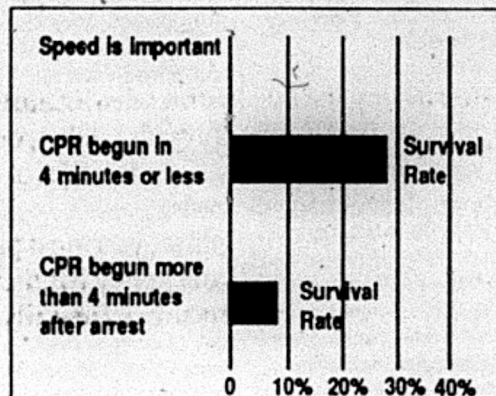
Other signals may be

- Sweating
- Nausea
- Shortness of breath, or
- A feeling of weakness

Sometimes these signals subside and return.

## ACTIONS FOR SURVIVAL

- Recognize the "signals".
- Stop activity and sit or lie down.
- If signals persist 2 minutes or longer, call the local emergency number, usually 911, or if not available, the victim should be taken to the nearest hospital emergency room that provides emergency cardiac care.



## THE ABC'S OF CPR

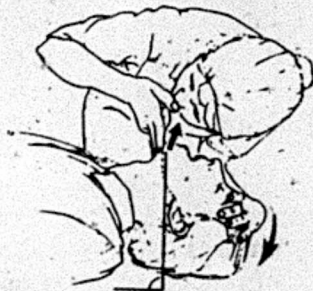
CPR is a simple procedure, as simple as A-B-C: Airway, Breathing, and Circulation.

### A. Airway

If you find a collapsed person, determine if the victim is unconscious by gently shaking a shoulder and shouting "Are you all right?" If there is no response, shout for help. If the victim is not lying flat on his or her back, roll the victim over, moving the entire body at one time as a unit. Then open the airway.

To open the victim's airway, lift up the chin gently with one hand while pushing down on the forehead with the other to tilt the head back. Once the airway is open, place your ear close to the victim's mouth:

- Look - at the chest for movement.
- Listen - for sounds of breathing.
- Feel - for breath on your cheek.



If none of these signs are present, the victim is not breathing.

If opening the airway does not cause the victim to begin to breathe spontaneously, you must provide rescue breathing.



## B. Breathing

The best way to provide rescue breathing is by using the mouth-to-mouth technique.

Using the thumb and index finger of the hand that is on the victim's forehead, pinch the victim's nose shut while keeping the heel of the hand in place to maintain head-tilt. Your other hand should remain under the victim's chin, lifting up.

Immediately give two full breaths while maintaining an air-tight seal with your mouth on the victim's mouth.



## C. Circulation

After giving the two full breaths, locate the victim's carotid artery pulse to see if the heart is beating. To find the carotid pulse, take your hand that is supporting the chin and locate the adam's apple (voice box); slide the tips of your fingers down into the groove beside the adam's apple; feel for the pulse.

If you cannot find the pulse, you must provide artificial circulation in addition to rescue breathing. Activate the Emergency Medical Services (EMS) System: Send someone to call the local emergency number (usually 911).



## EXTERNAL CHEST COMPRESSIONS

Artificial circulation is provided by external chest compressions. In effect, when you apply rhythmic pressure on the lower half of the victim's breastbone, you are forcing the heart to pump blood. To perform external chest compression properly, kneel at the victim's side near the chest. With the middle and index fingers of the hand nearest the legs, locate the notch where the bottom rims of the two halves of the rib cage meet in the middle of the chest. Place the heel of one hand on the sternum next to the fingers that located the notch. Place your other hand on top of the one that is in position. Be sure to keep your fingers up off the chest wall. You may find it easier to do this if you interlock your fingers.

Bring your shoulder directly over the victim's sternum as you compress downward, keeping your arms straight. Depress the sternum about 1 1/2 to 2 inches for adult victim. Then relax pressure on the sternum completely. Do not remove your hands from the victim's sternum, but do allow the chest to return to its normal position between compressions. Relaxation and compression should be of equal duration.

If you must provide both rescue breathing and external chest compressions, the proper ratio is 15 chest compressions to 2 breaths. You must compress at the rate of 80 to 100 times per minute.

Ratio of Compressions to Breaths	Rate of Compressions
15:2	80-100 times/minute





## **ASTHMA ANSWERS**

Today, there are an estimated ten to 15 million American adults and children suffering from asthma, a respiratory disease which blocks the airways and makes the ability to breathe more difficult.

Many physicians now believe that to halt the disturbing rise in emergency room visits and ease the many emotional and practical challenges faced by asthma patients and their families, there's a continuing need for up-to-date information on this chronic illness.

That's the reason for the creation of a new newsletter called *Air Currents*, offered free as a public service by All & Hanburys Respiratory Institute. It is an educational resource program supported by an educational grant from Allen & Hanburys, a division of Glaxo, Inc.

In addition to information the newsletter offers practical advice on how to deal with asthma and lead a healthy life.

Here from *Air Currents* are some tips on how to avoid situations which trigger an asthma attack and how to treat it once it occurs:

\*Talk to your doctor about medications you can use before exposure to known but unavoidable asthma triggers such as cold, dry air, animal hairs, and shifts in the pollen season.

\*Exercise is a trigger of an asthma attack in some people. Many individuals who do not normally suffer from asthma can suffer from exercise-induced asthma (EIA), as can those who have well-established asthma.

\*EIA can be prevented by medication prior to exercise and most physicians now recommend exercise for their asthmatic patients for cardiovascular and overall conditioning benefits it offers.

\*Remember to review and update medicine routines regularly to accommodate seasonal changes in activities and schedules. Also, as children grow, medication needs change too.

\*There are three million children with asthma. They should be encouraged, under medical supervision, to participate in all activities including exercise and sports.

## **Earl L. Adams III, M.D.**

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